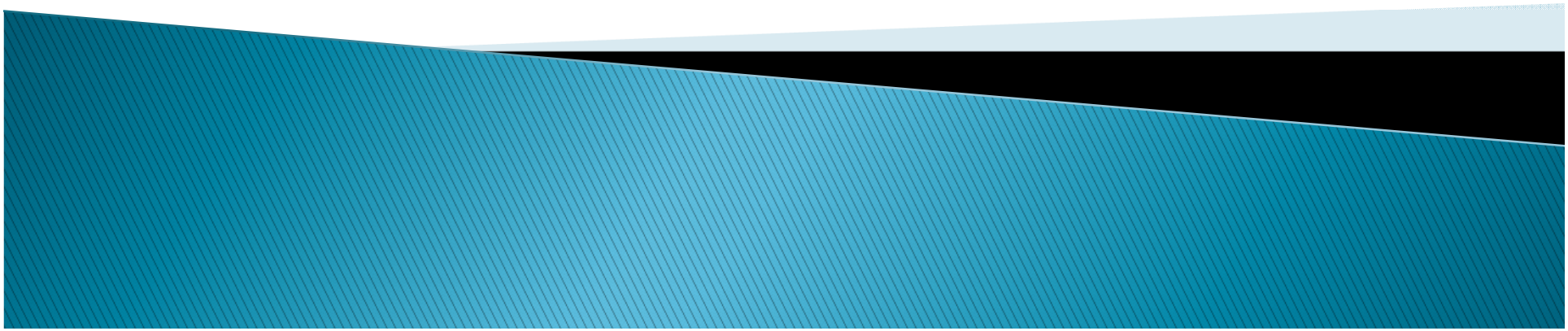
JOYFUL LIVING SERVICES

PROUD TO BE A IIPA INTERNATIONAL IRIDOLOGY PRACTITIONERS ASSOCIATION April-October 2020 - 2021 CERTIFIED IRIDOLOGY INSTRUCTOR

Body Systems Herbs and Iridology



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Body Systems

The Action of Herbs

- Adaptogenic
- Alternative
- Anthelminitic
- Anti-inflammatory
- Antimicrobial
- Antispasmodic
- Astringent
- Bitter
- Carminative
- Demulcent

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Body Systems

The Action of Herbs

- Diuretic
- Emmenagogue
- Expectorant
- Hepatic
- Hypotensive
- Laxative
- Nervine
- Stimulating
- Tonic

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Body Systems

How to use Herbs

- Compresses
- Decoctions
- Essential Oils
- Extracts
- Herbal Vinegars
- Infusions
- Ointments

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Body Systems

How to use Herbs

- Poultices
- Powder
- Syrup
- Salves
- Teas
- Tinctures

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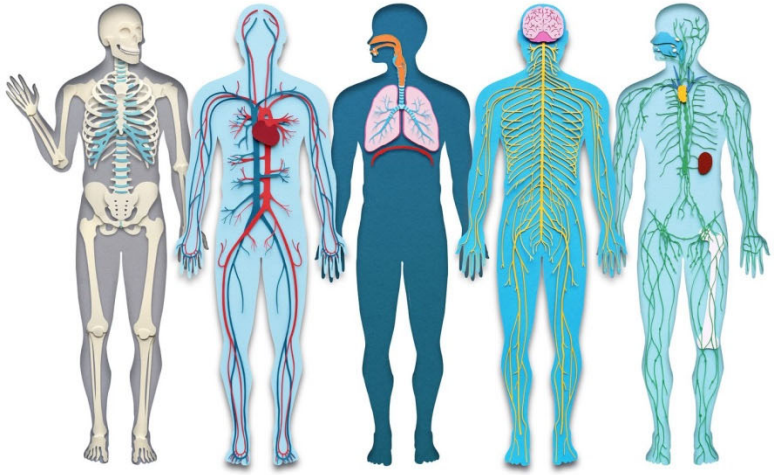
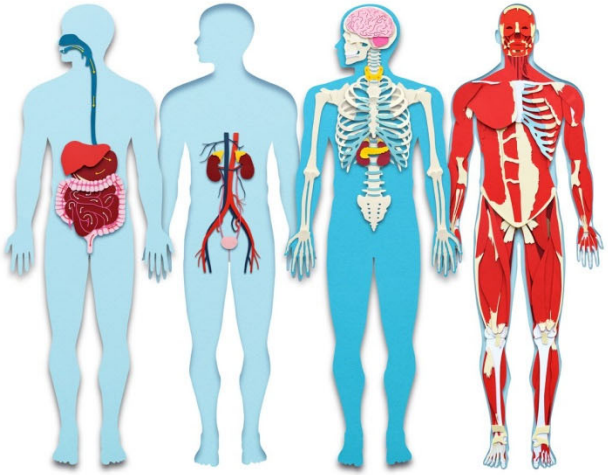
Body Systems

- Circulatory
- Digestive
- Endocrine
- Integumentary
- Immune
- Intestinal
- Muscular
- Nervous
- Reproductive
- Respiratory
- Structural
- Urinary





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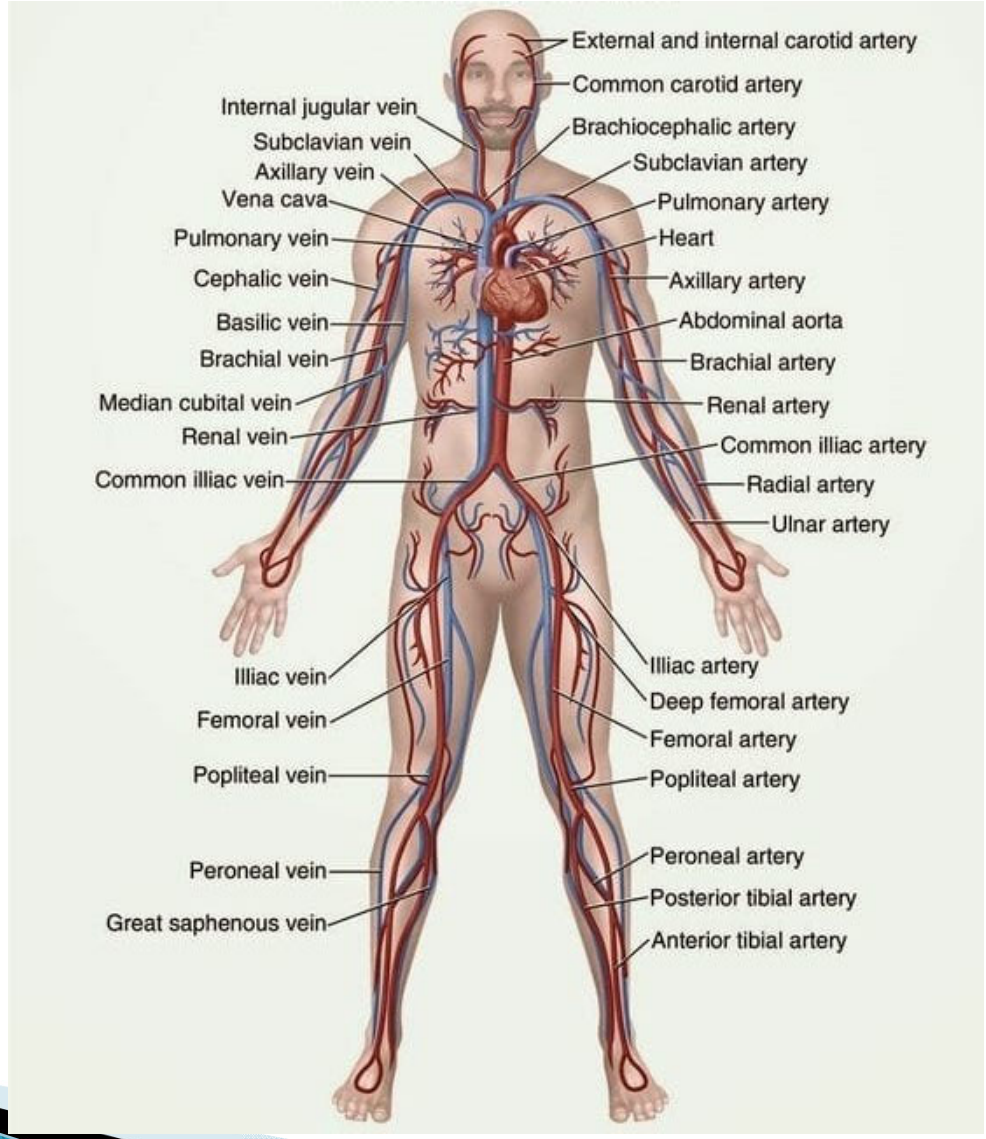
Body Systems

Circulatory System



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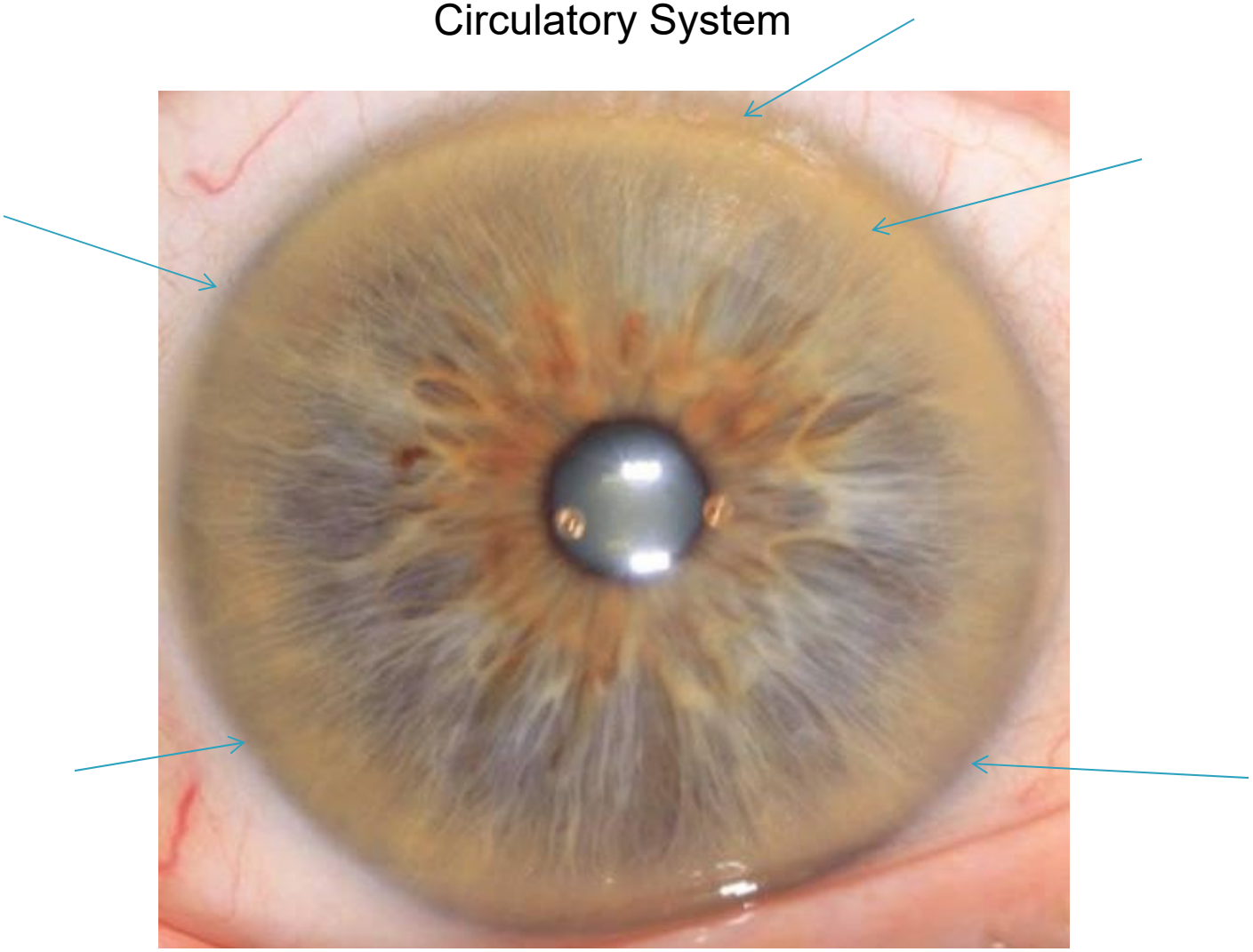
Body Systems

Circulatory System



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Body Systems

Circulatory System Flow Chart

HEART/CIRCULATION/BLOOD VESSELS

BLOOD VESSELS*

Congested Arteries

Indications:

High blood pressure
Cold hands/feet
Sores in extremities that won't heal
Absent-mindedness
Medical diagnosis of hardening of the arteries
Angina

↓

Oral Chelation Combination
Ginkgo/Hawthorn Combination
Aroma Life Oil
Rosemary Oil
Juva Flex Oil

Congested Veins

Indications:

Varicose veins
Hemorrhoids
Spider veins

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Varicose Vein Combination
Grapine
Aroma Life Oil
Rosemary Oil
Juva Flex Oil

*Consult a doctor for a diagnosis first.

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Body Systems

Circulatory System Flow Chart

HEART/CIRCULATION/BLOOD VESSELS

CIRCULATION

Blood Pressure Problems

Indications:

Blood pressure readings exceeding 140 over 90
Family history of high blood pressure
Advancing age
Diabetes
Cigarette smoking
Obesity
Stress

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Blood Pressure Combination
Capsicum, Garlic & Parsley
Stress Combination
Calming Combination
PanAway Oil
Aroma Life Oil
Rosemary Oil
Sacred Mountain Oil

Cholesterol Problems

Indications:

Cholesterol over 200
Triglyceride levels over 200
High-density lipoprotein (HDL) levels less than 35
High-fat, low-fiber diet
High-carbohydrate, low-protein diet
Stress

↓

Grapine
Fat Grabbing Combination
Guggal Lipids
Lecithin
Cholesterol Regulating Combination
Check Possible Thyroid Influences
PanAway Oil
Aroma Life Oil
Rosemary Oil
Sacred Mountain Oil
Juva Flex or Juva Cleanse Oils

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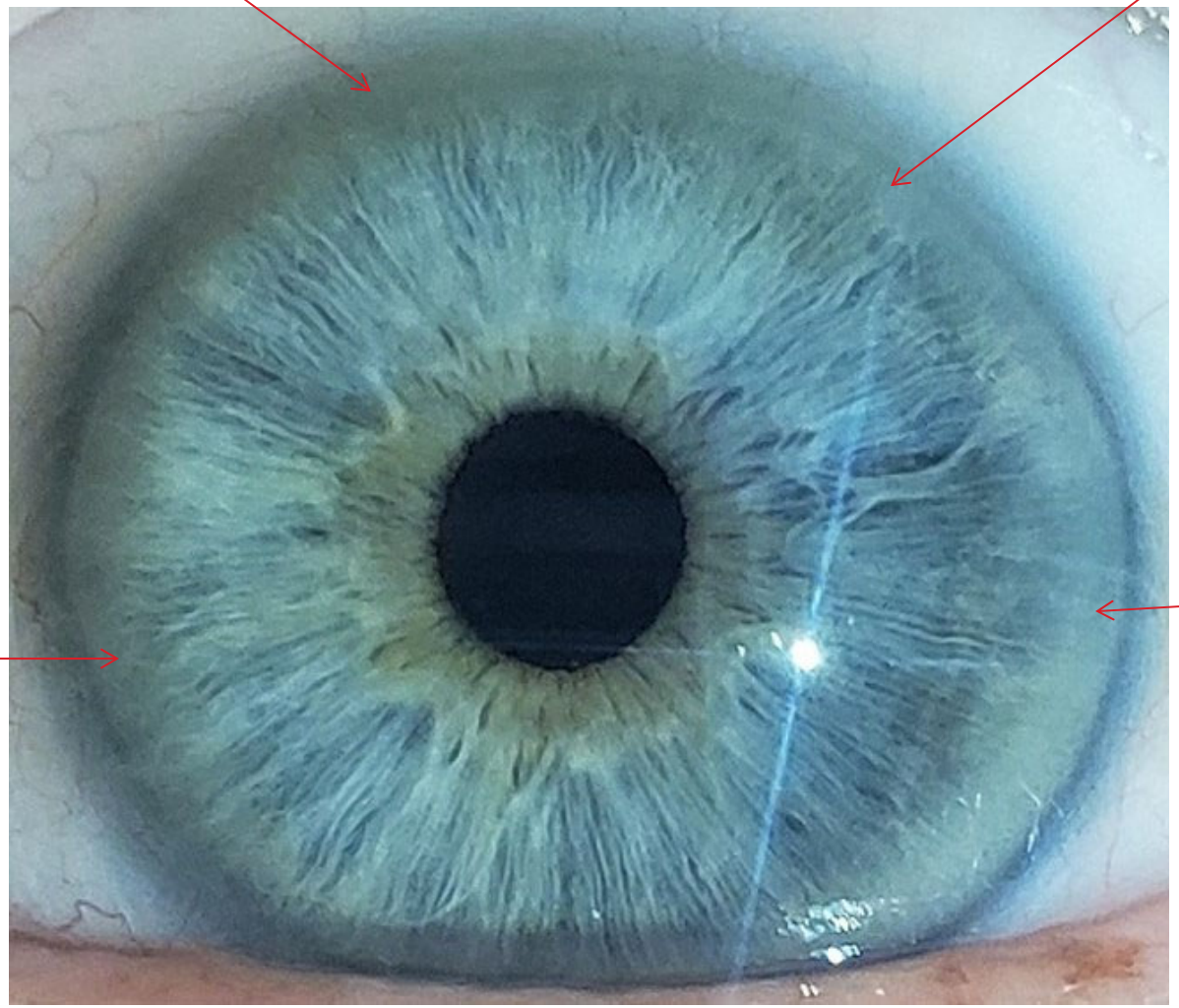
Body Systems

Circulatory System - Circulation



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Body Systems

Circulatory System Flow Chart

HEART/CIRCULATION/BLOOD VESSELS

HEART*

Indications:

Crease in ear lobe
Large, red, bulbous nose (rule out acne, rosacea or alcohol)
Crease in tongue from tip to back
Cold hands and feet
Swelling in the feet and ankles
Chest Pain
Family history of heart disease

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Cardiovascular Combination
CoQ10
Magnesium
Aroma Life Oil
Peace and Calming Oil
Longevity Oil
Valor Oil

*Consult a doctor for a diagnosis first.

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Body Systems

Circulatory System Chelation Program

- The kidneys and liver will remove the calcium, cholesterol and impurities from the body.
- As the body removes the plaque from the walls of the arteries, the blood cholesterol levels will temporarily rise. This is normal.
- If there are indications that these organs are weak, it may be necessary to give them extra support.
- People with kidney weakness (history of symptoms like arthritis, chronic back pain, urinary infections, etc.) should take two KB-C with each meal.
- People with liver weakness (history of high cholesterol, skin problems, digestive upset, etc.) should take 1 teaspoon LOCLO in a large glass of water or juice upon arising and before retiring, plus two LIV-C with each meal.

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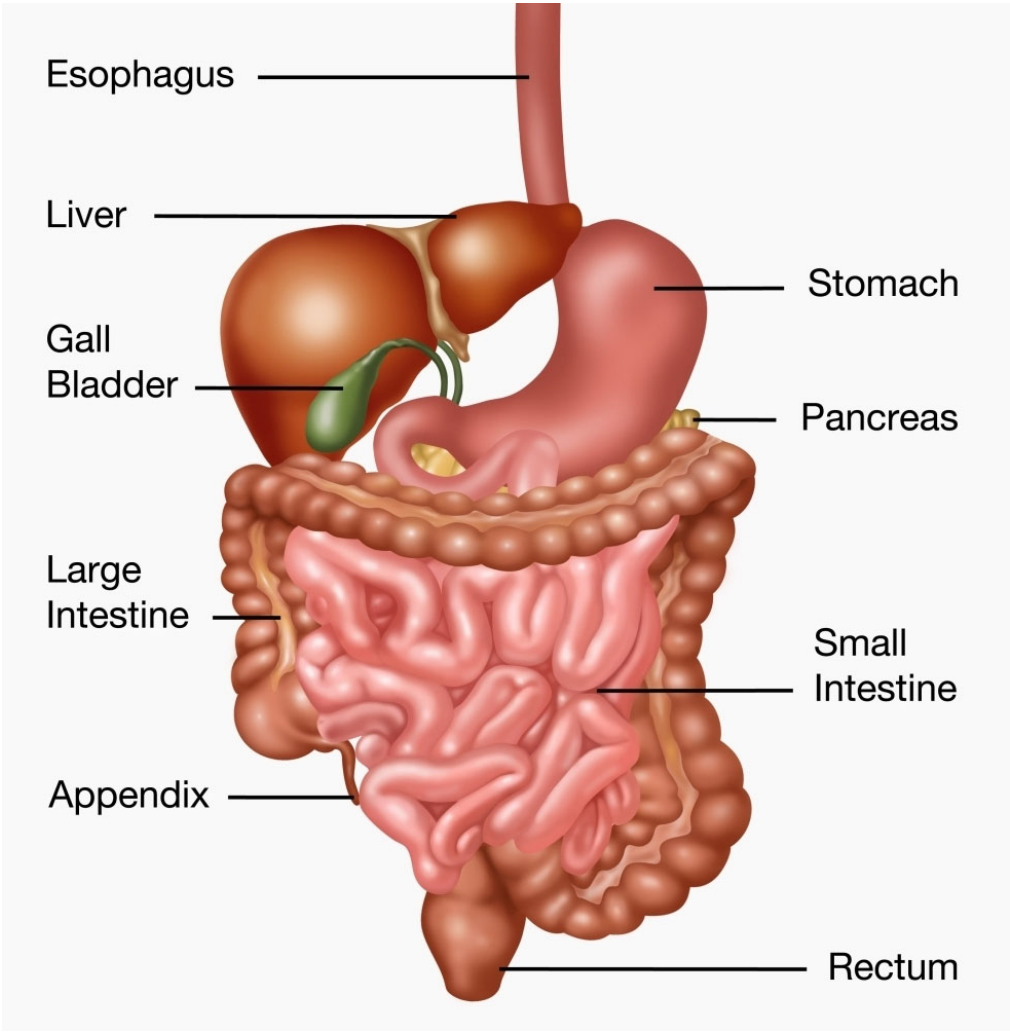
Body Systems

Digestive System



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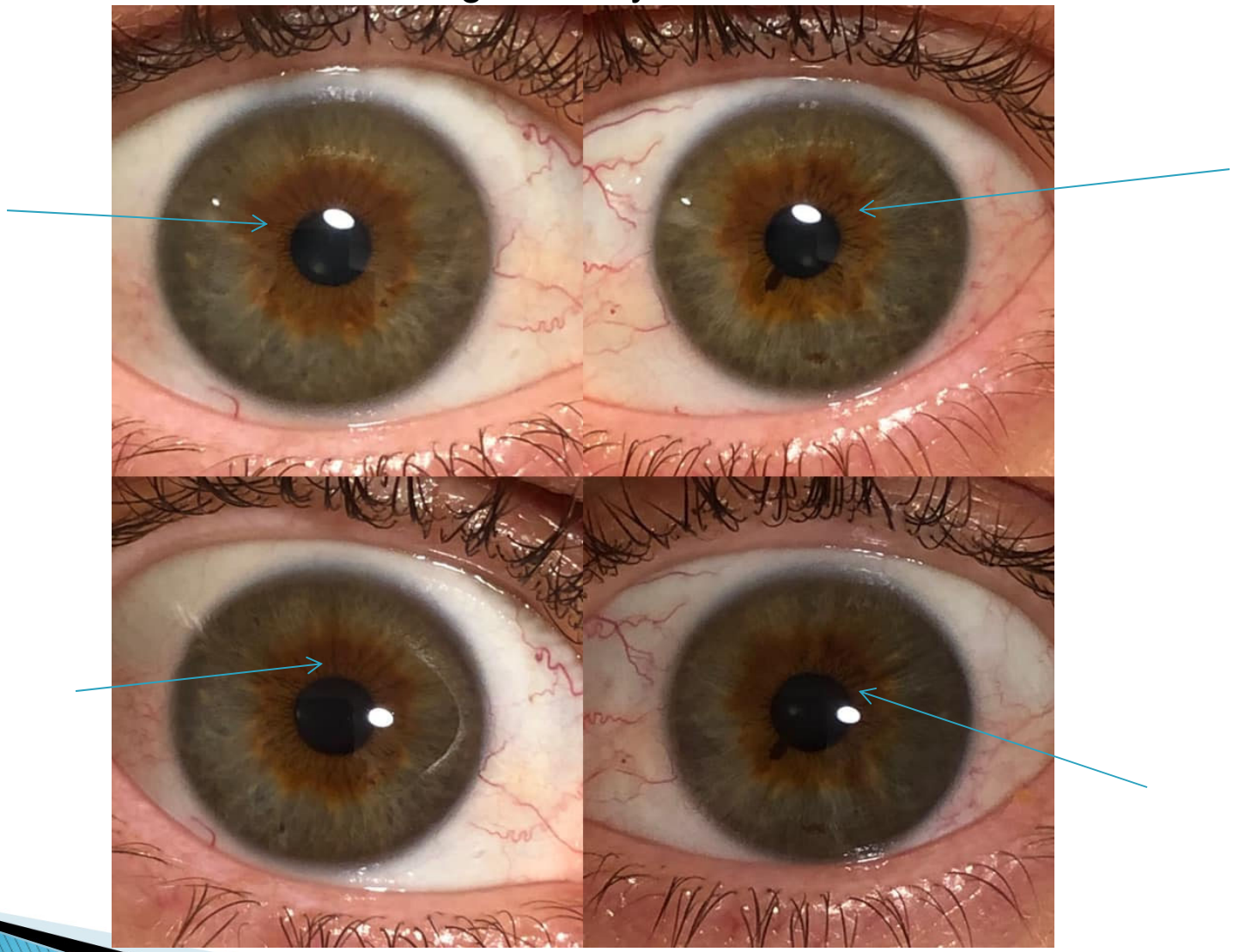
Body Systems

Digestive System



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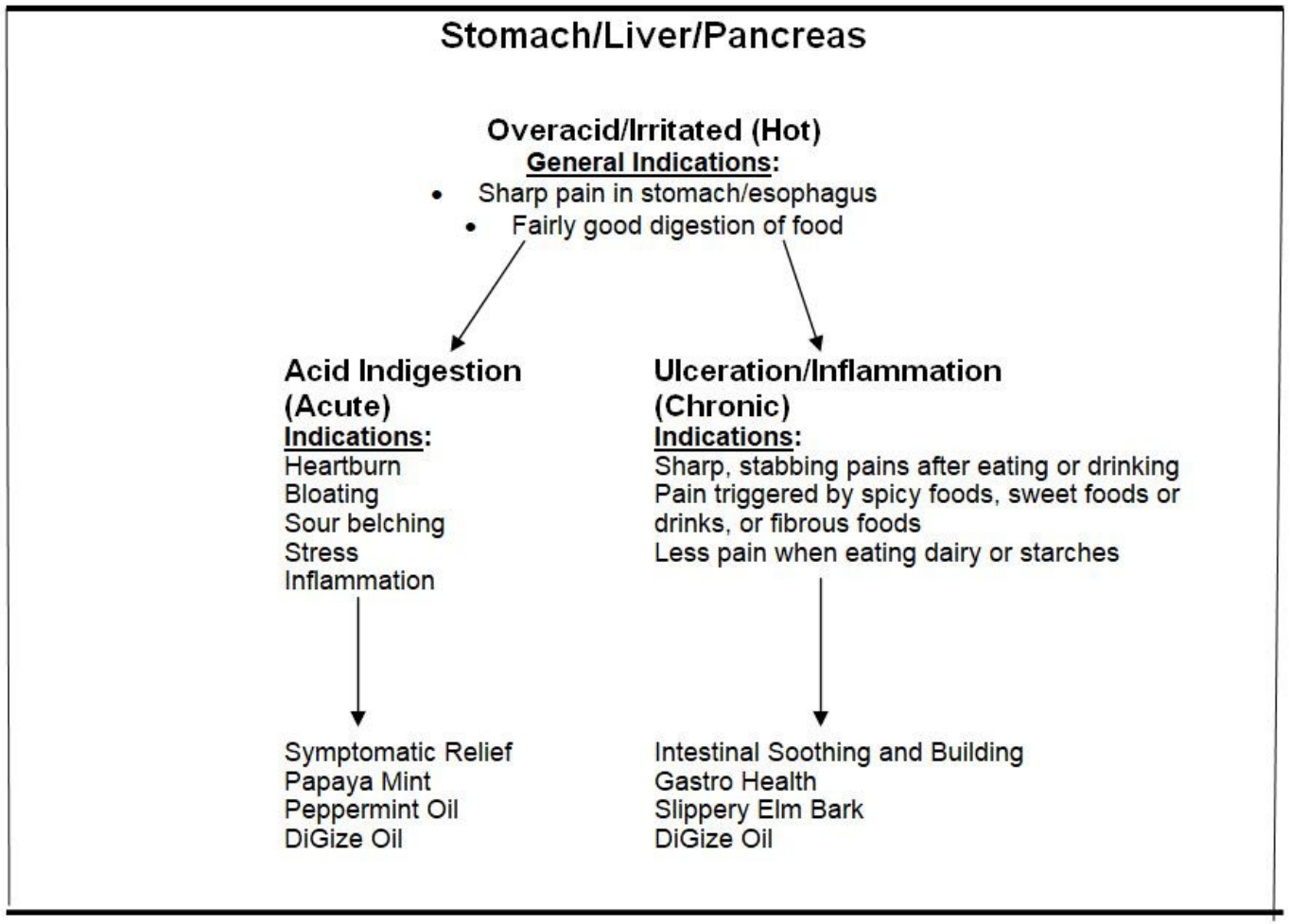
Body Systems

Digestive System Flow Chart



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Body Systems

Digestive System Flow Chart

Stomach/Liver/Pancreas

Underacid/Weakened (Cold)

General Indications:

- Dull pain or burning
- Chronic bloated feeling
- Excessive flatulence
- Heavy feeling in stomach

Acid/Enzyme Deficiency (Acute)

Indications:

Nausea or flu-like symptoms
Knotted feeling in stomach
Aging
Severe gas or bloating
Lack of hydrochloric acid

Food Enzymes
Peppermint Oil
DiGize Oil
Ginger Oil
TummyGize for children

Wasting (Chronic)

Indications:

Paleness
Imbalance in blood levels of the spleen
Eating disorders
Cold extremities
Frequent gas & bloating

Spleen Activator
DiGize Oil
Frankincense Oil

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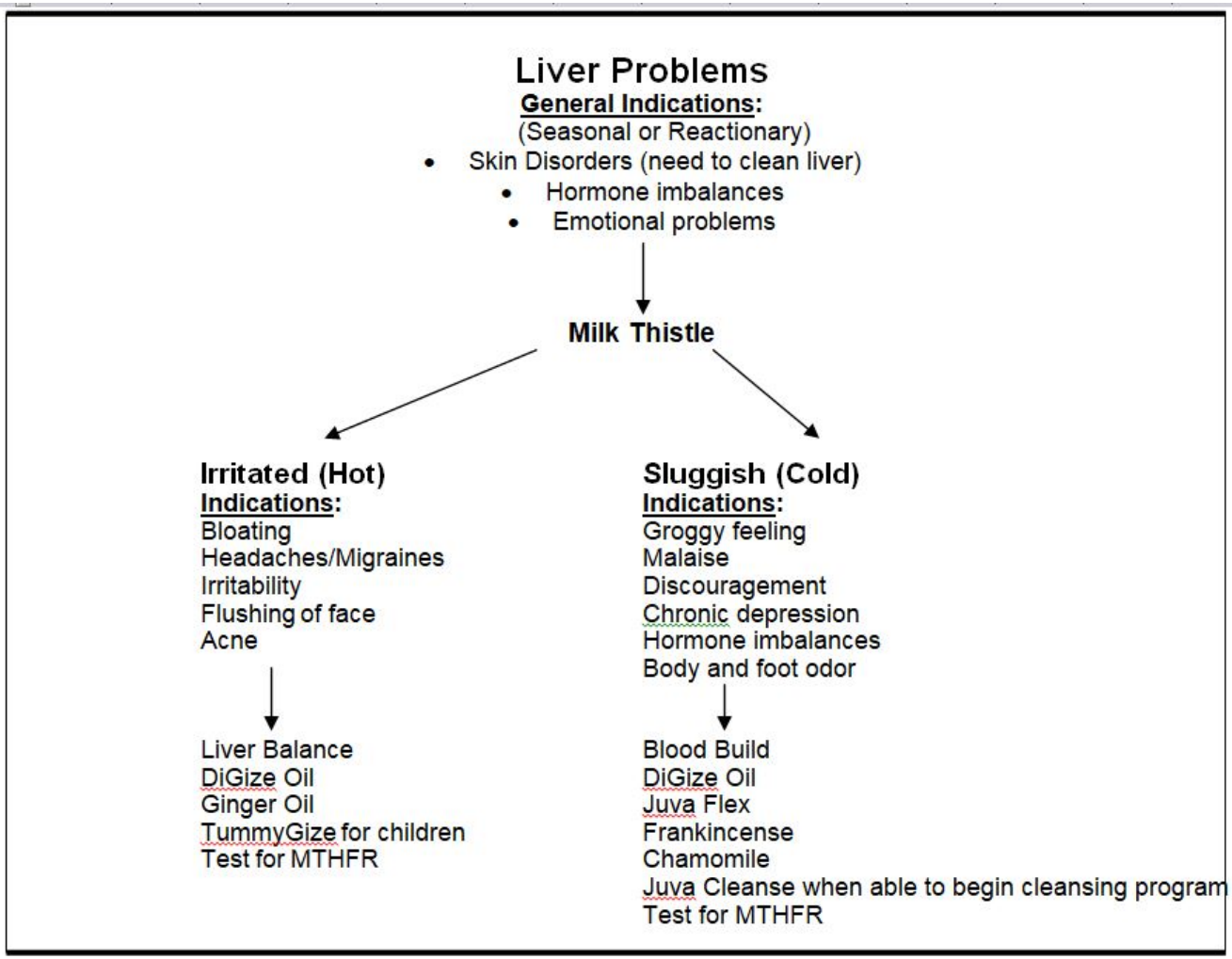
Body Systems

Digestive System Flow Chart



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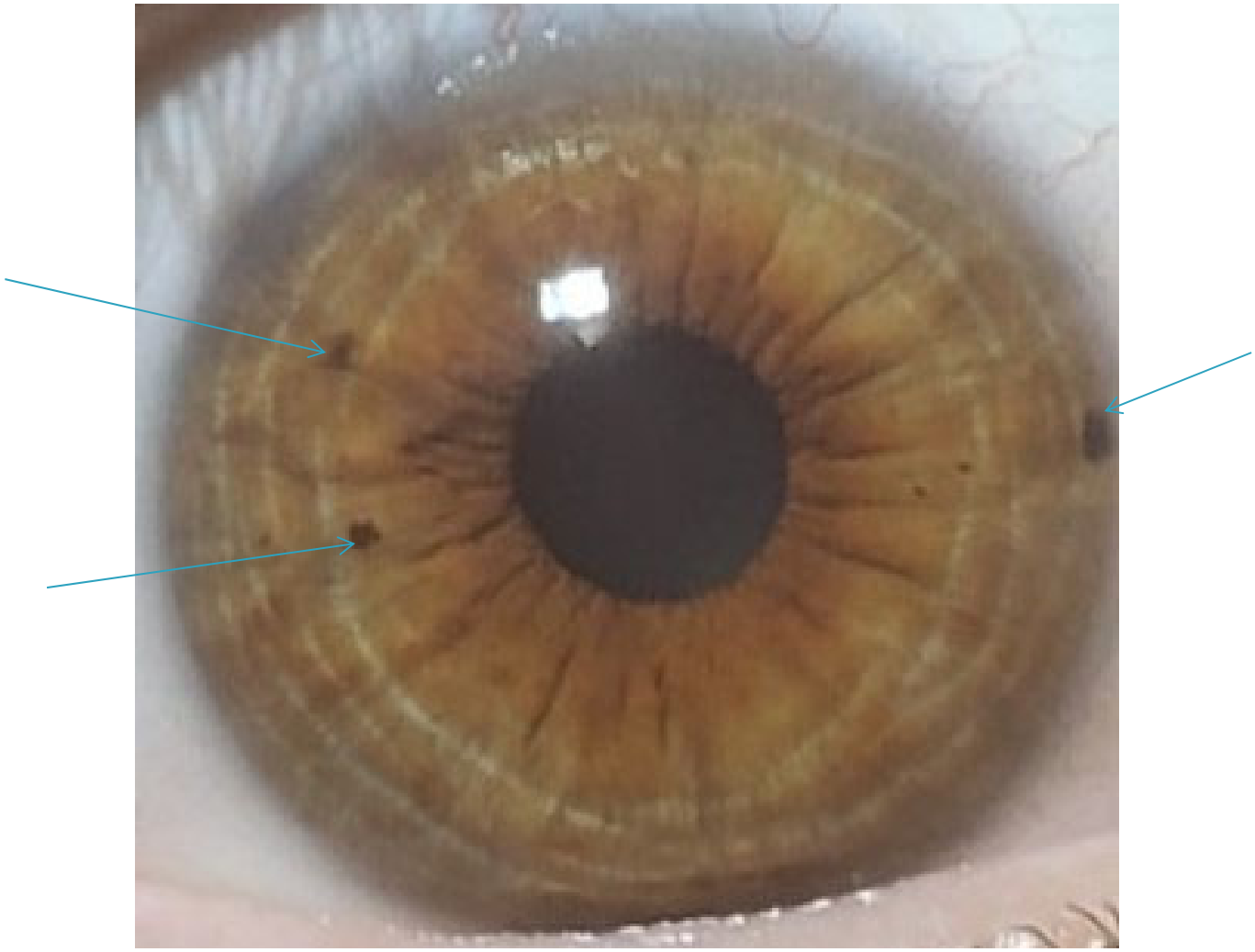
Body Systems

Digestive System - Liver



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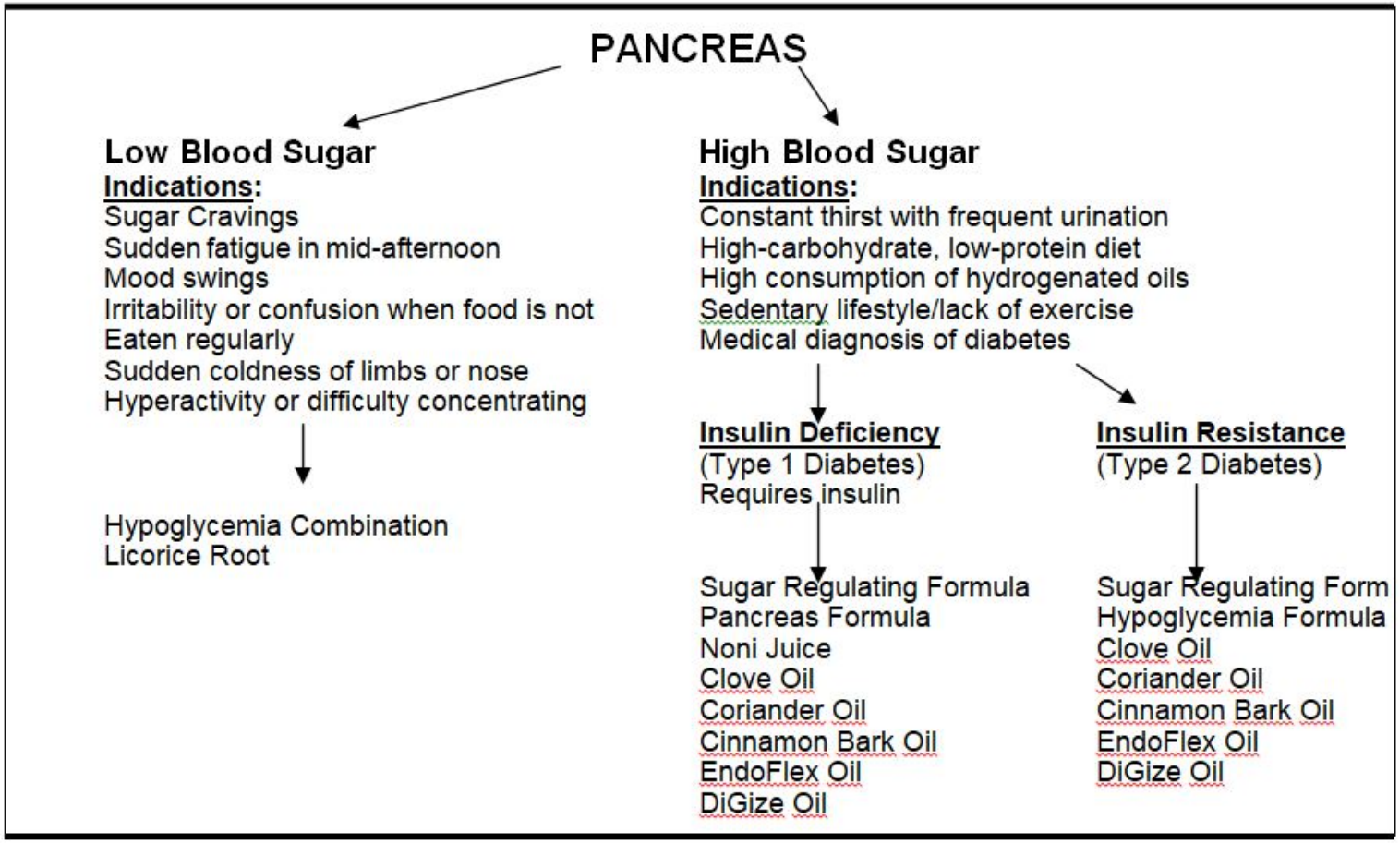
Body Systems

Digestive System Flow Chart



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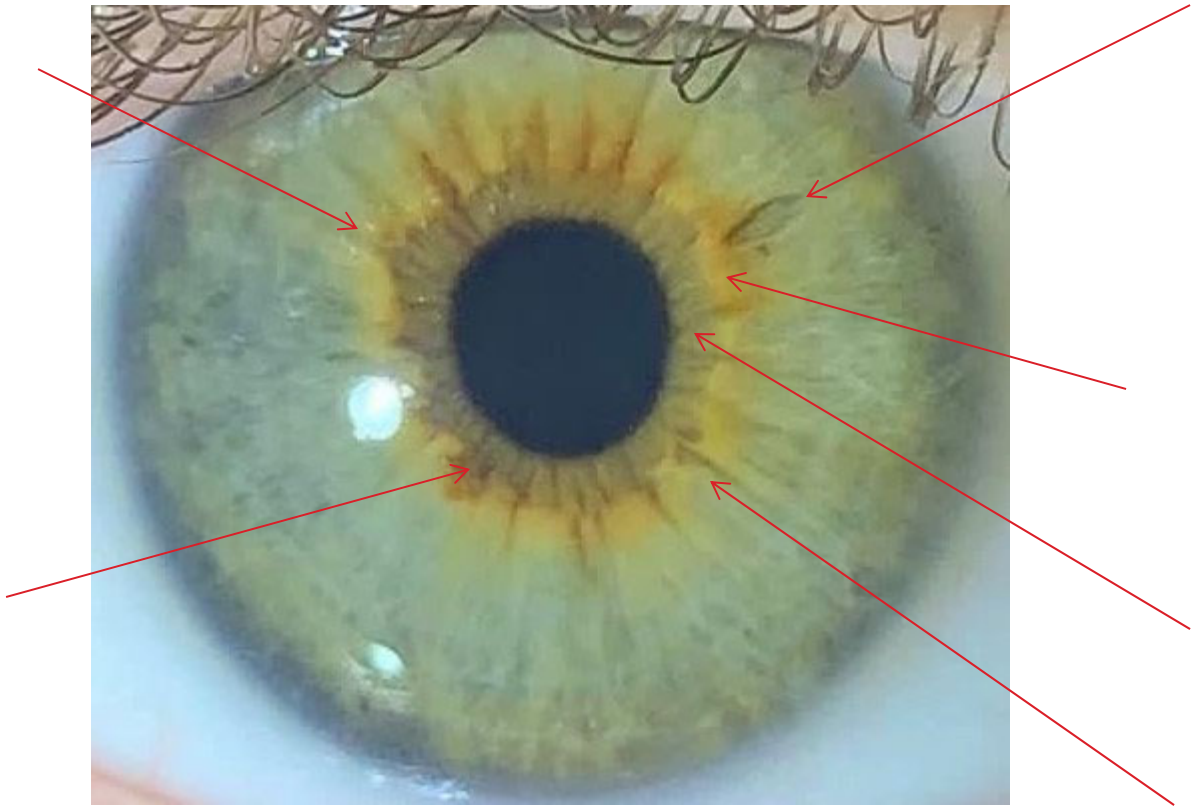
Body Systems

Digestive System – Pancreas



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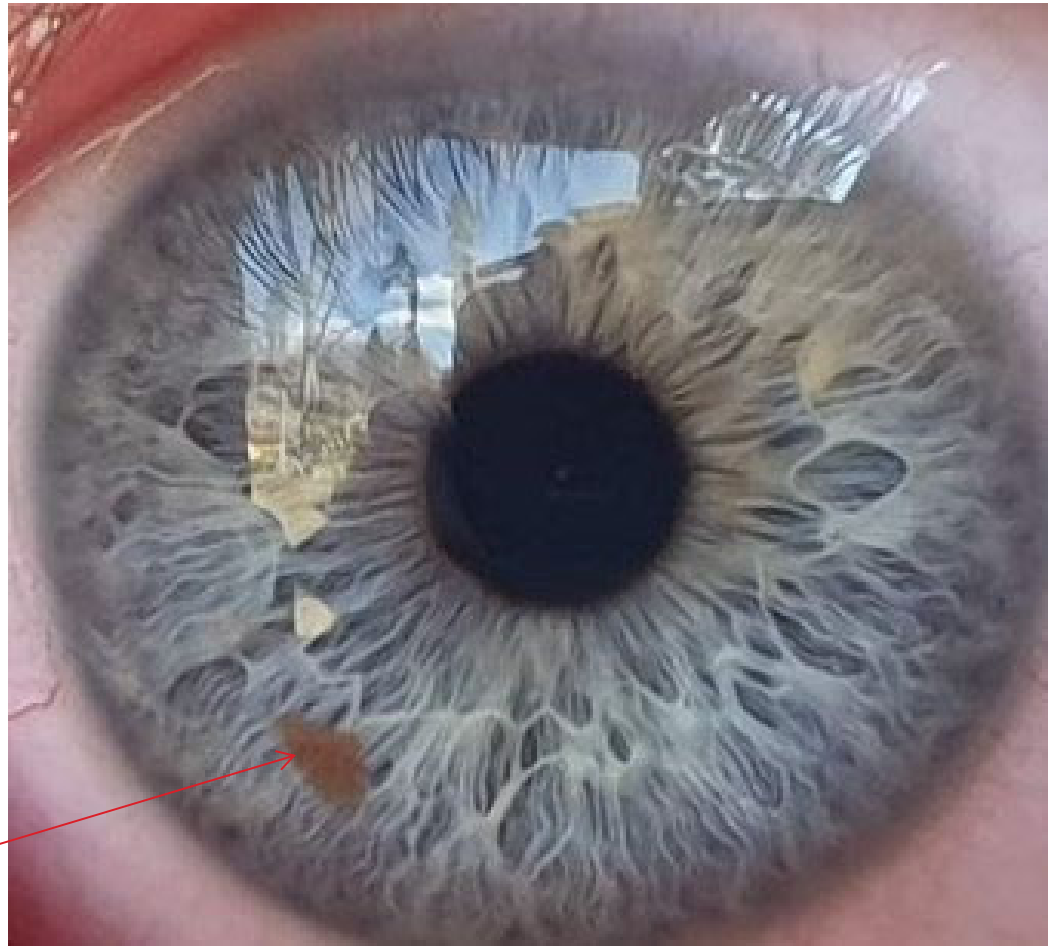
Body Systems

Digestive System – Pancreas



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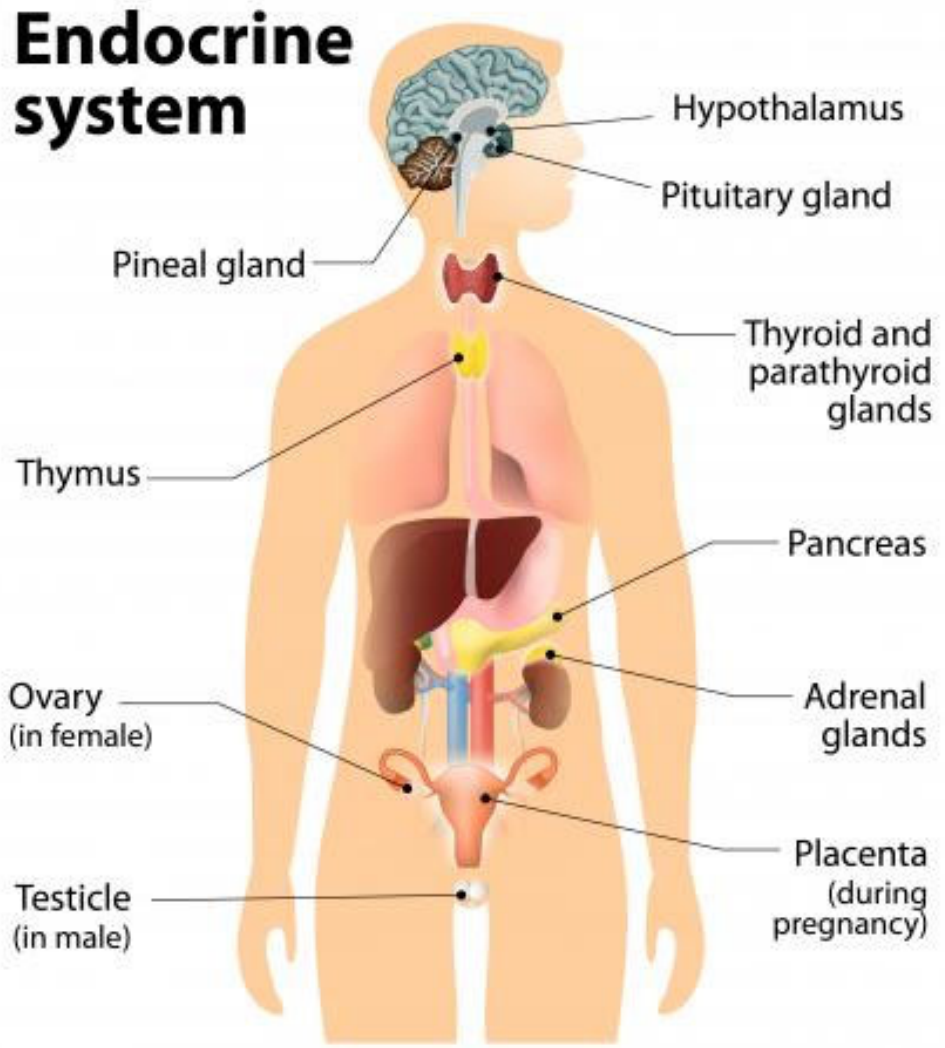
Body Systems



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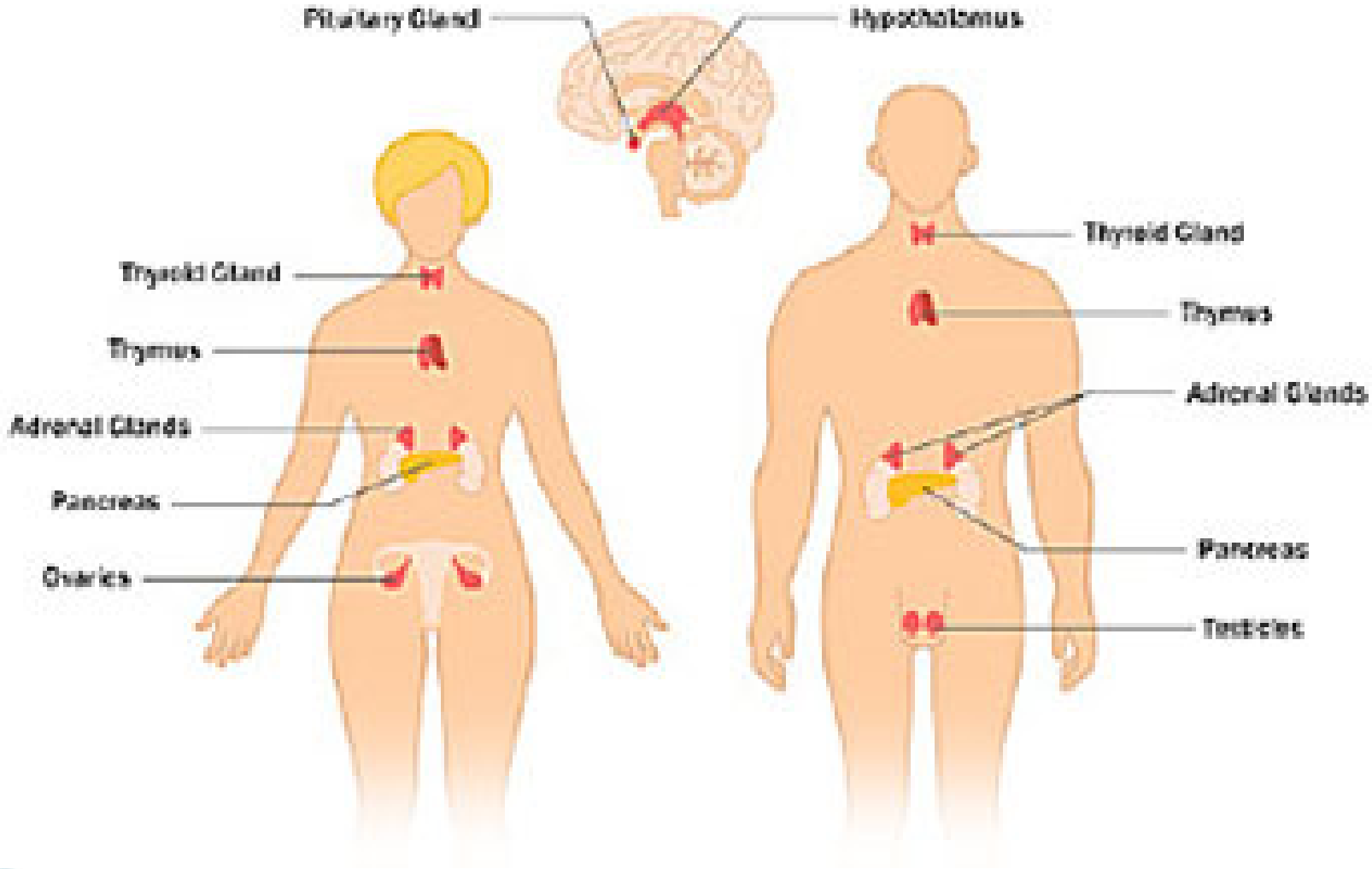
Body Systems

Endocrine System – Male and Female



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Body Systems

Endocrine System – Polyglandular

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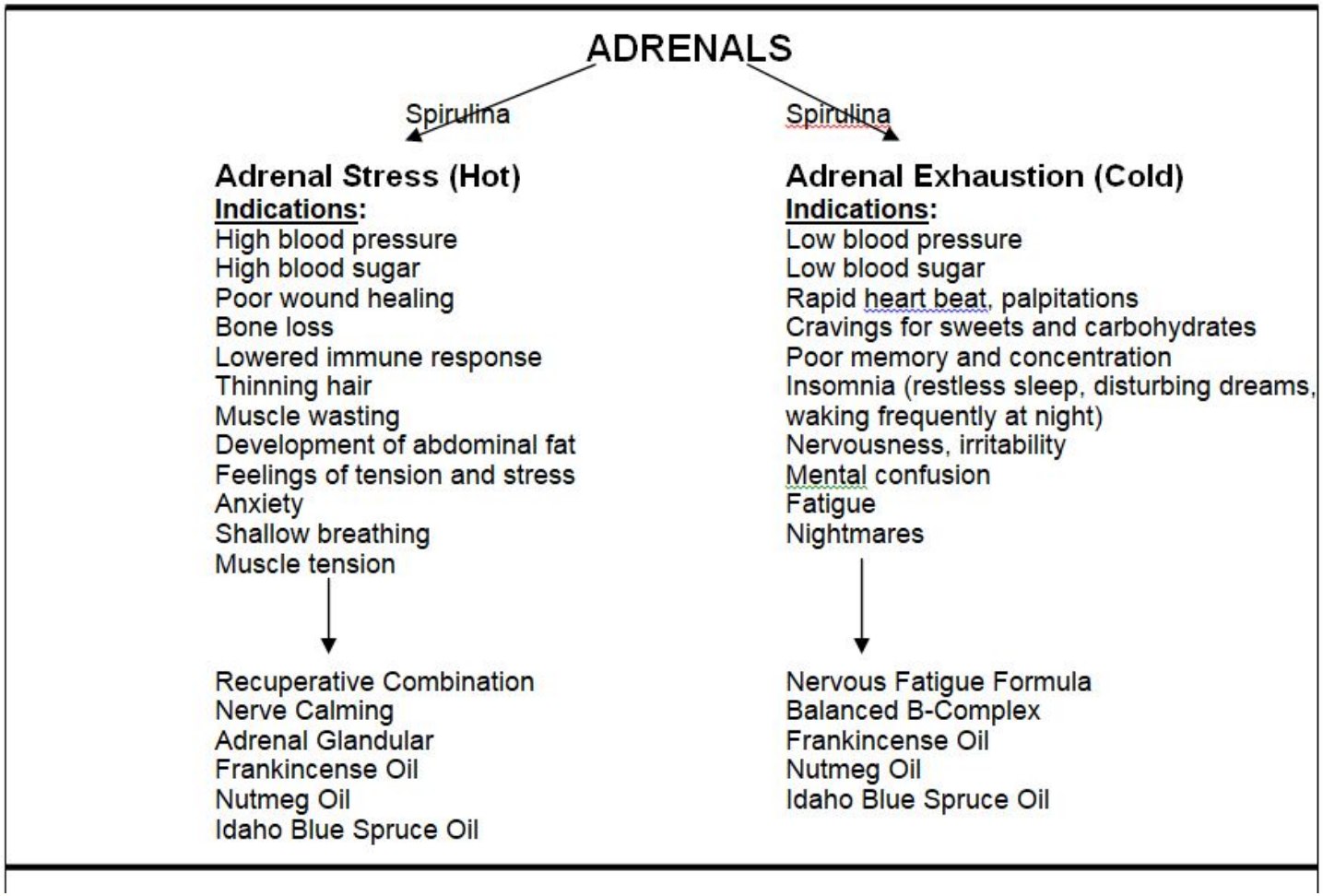
Body Systems

Endocrine System Flow Chart



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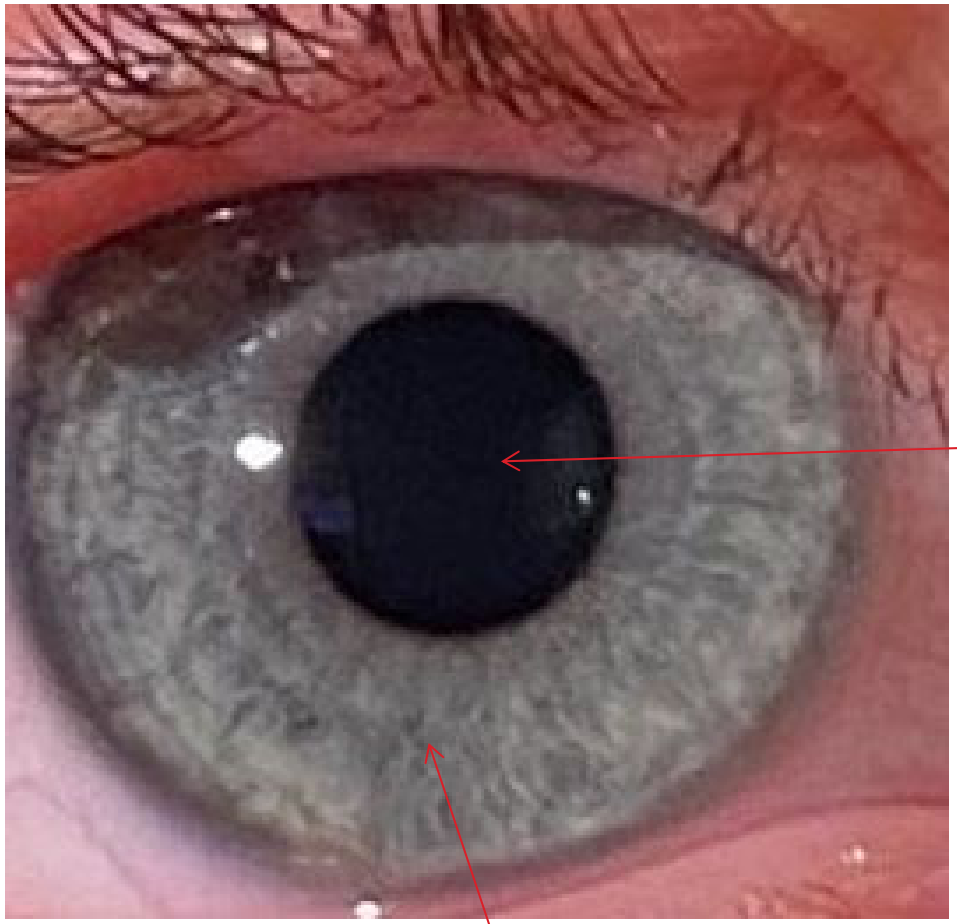
Body Systems

Endocrine System – Adrenal



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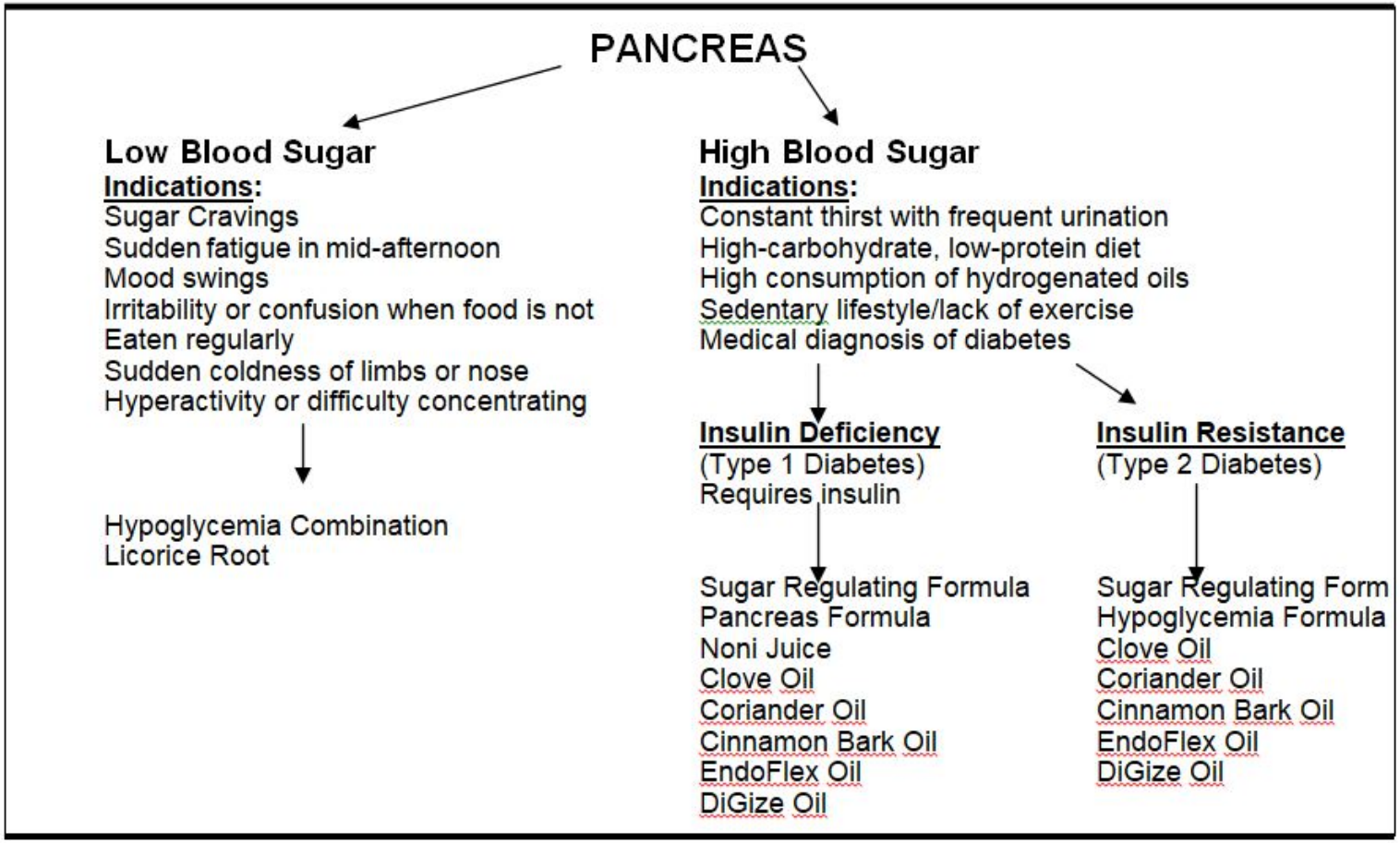
Body Systems

Endocrine System Flow Chart



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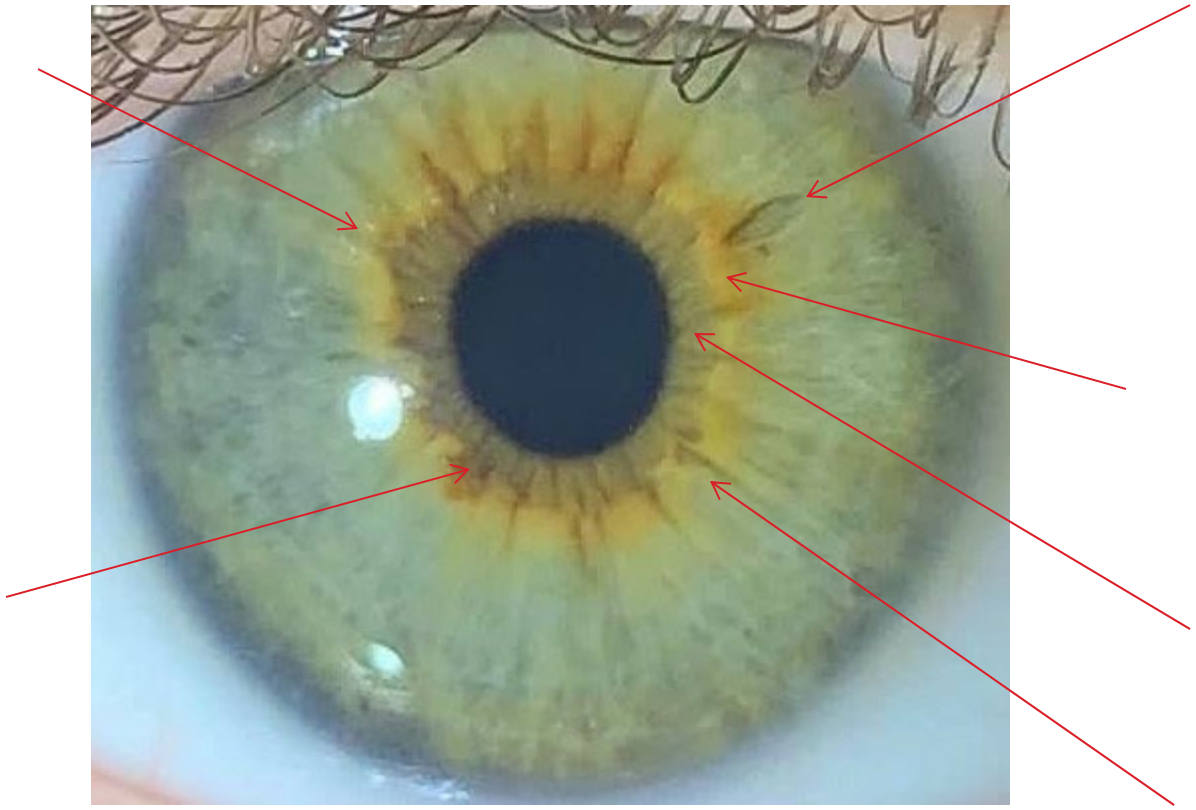
Body Systems

Endocrine System – Pancreas



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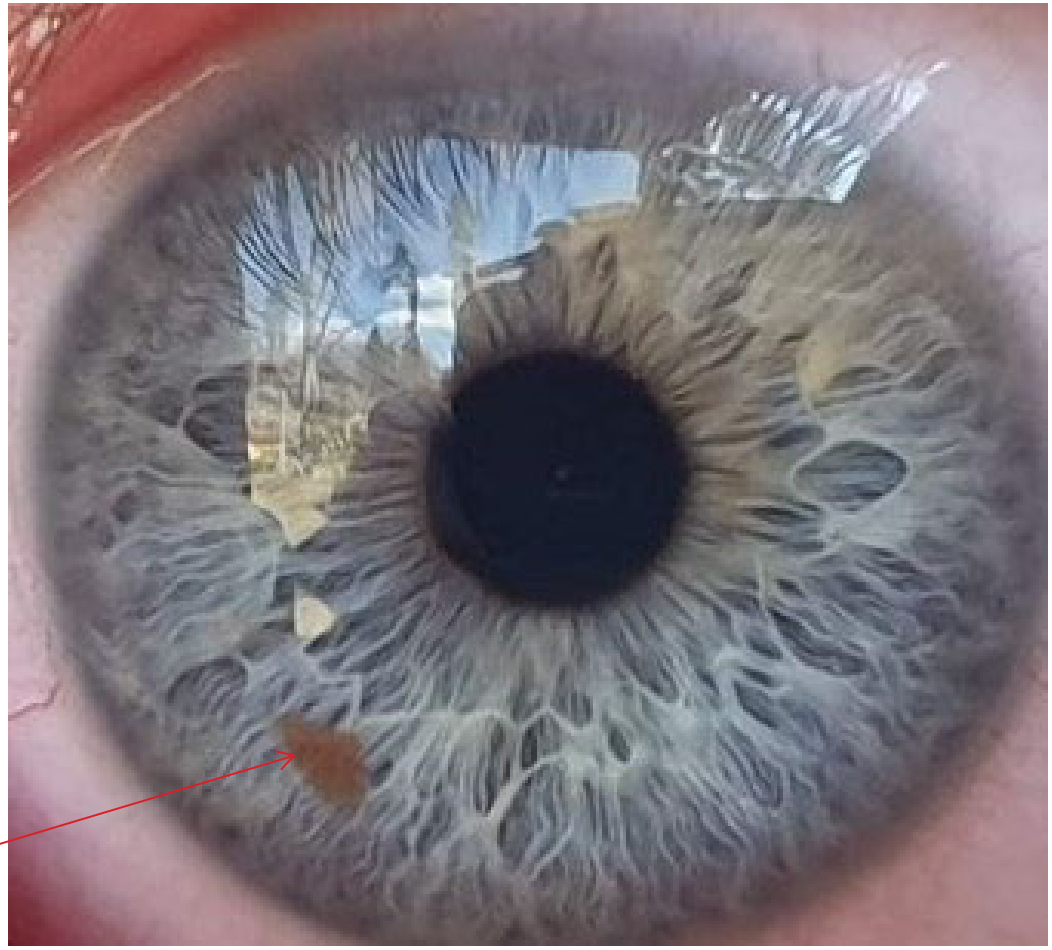
Body Systems

Endocrine System – Polyglandular and Pancreas



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Body Systems

Endocrine System Flow Chart

THYROID

Hypothyroidism (Cold)

Indications:

- Mental or physical slowing
- Fatigue/lethargy
- Undue sensitivity to cold weather
- Low body temperature
- Hair loss
- Weight gain
- Coarse skin
- Low sex drive/infertility
- Mild depression

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Thyroid Activator
Thyroid Normalizer
7-Keto
Thyroid Support
Master Gland
Iodine Patch
Goiter use Liquid Dulse
Myrrh
EndoFlex Oil
Sage Oil
Frankincense Oil

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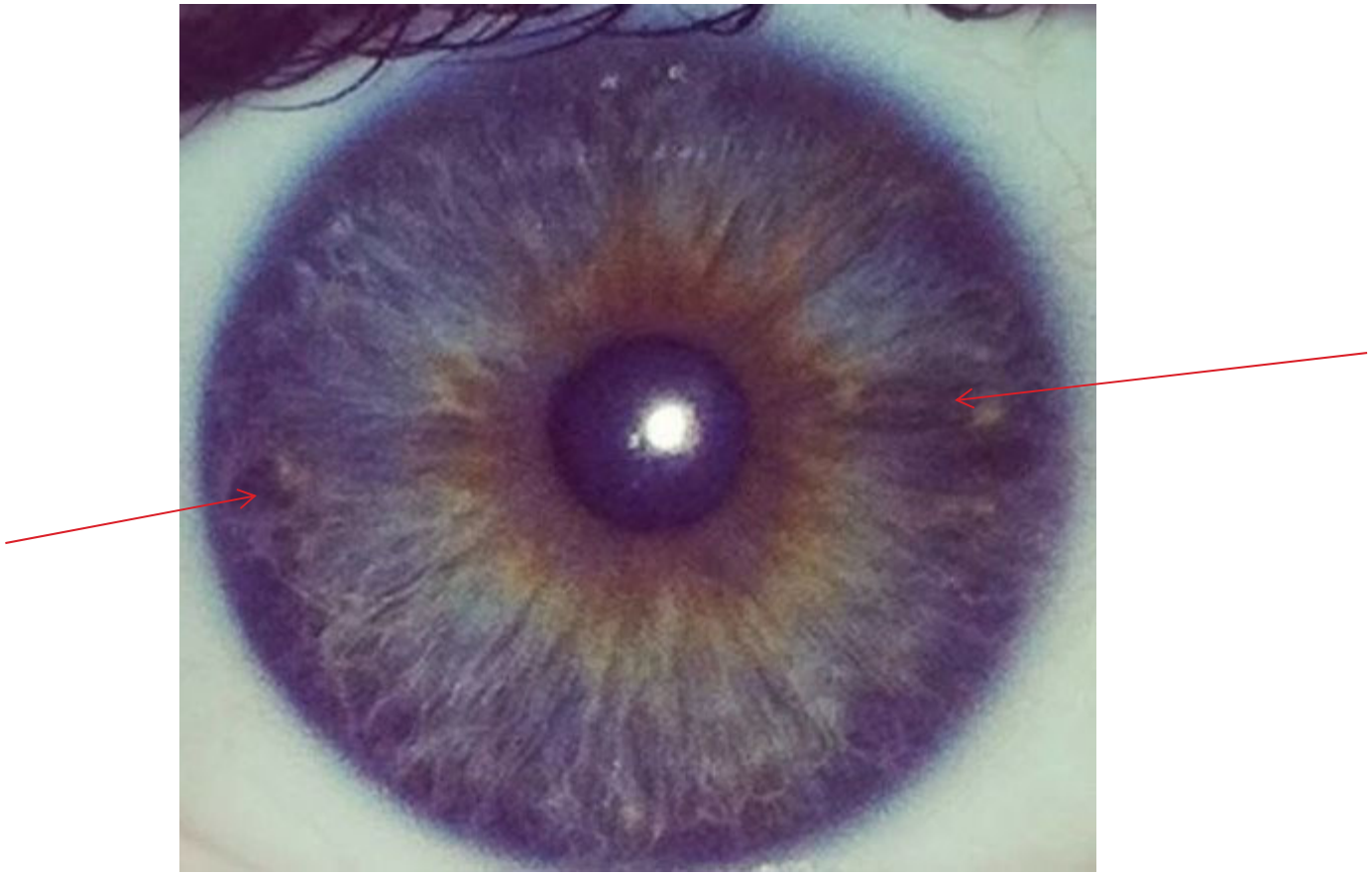
Body Systems

Endocrine System – Thyroid and Breast



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Body Systems

Endocrine System – Polyglandular and Thyroid

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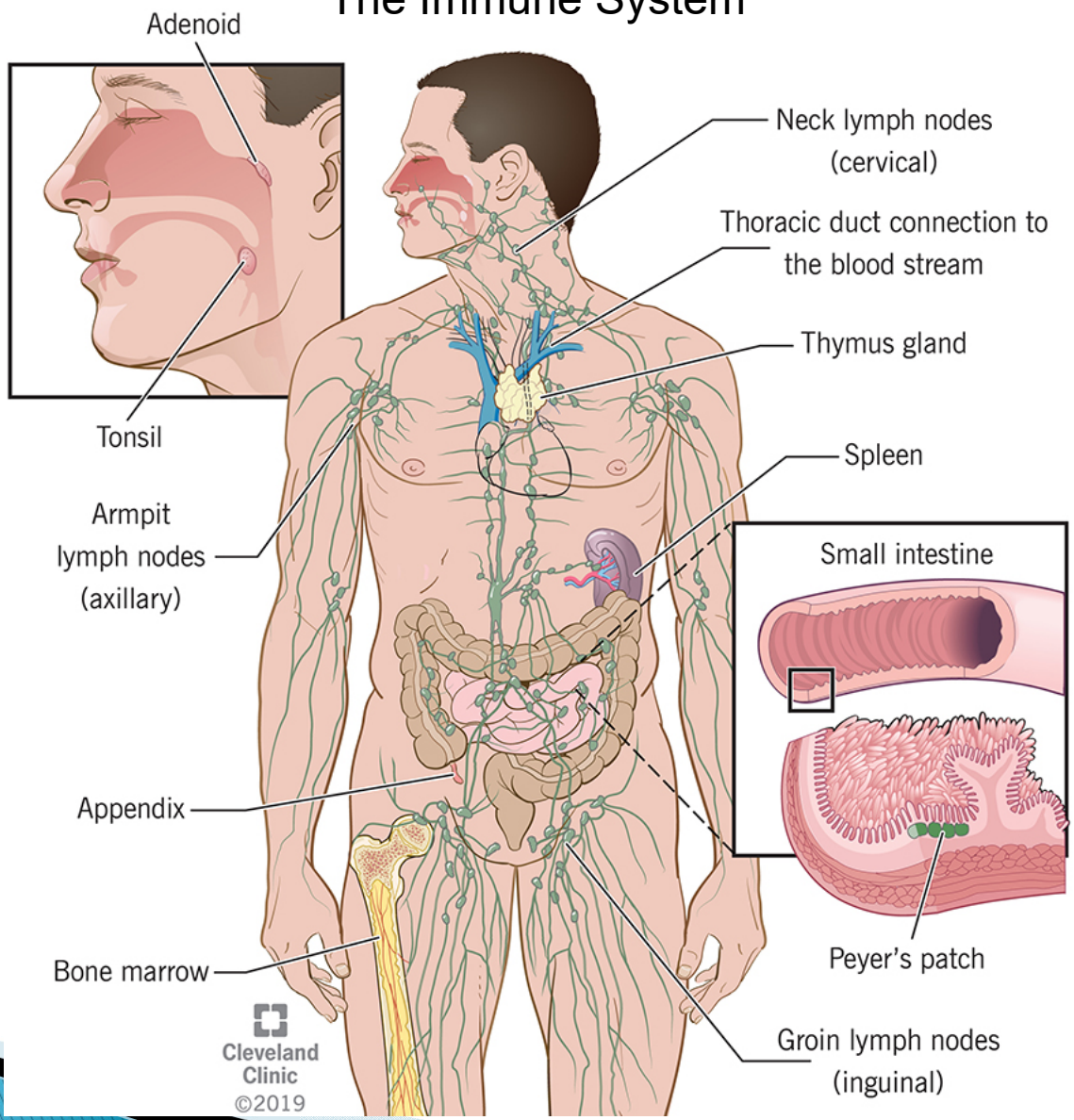
Body Systems

The Immune System



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Body Systems

The Immune System

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Body Systems

Immune System Flow Chart

THYMUS/LYMPH/SPLEEN

IMMUNE WEAKNESS (COLD)

Lowered Resistance
Indications:
Constant fatigue
Pale complexion
Cold limbs
Frequent colds and/or other infections
Digestive weakness

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Immune Trigger Combination
Immune Stimulator Combination
Seasonal Defense Combination
Noni Juice
Cypress Oil
Thieves Oil
Exodus Oil
ImmuPower Oil
Sacred Frankincense Oil

Free Radical Damage
Indications:
Exposure to environmental pollution
Chronic stress
Aging
Risk of degenerative diseases
Poor diet
Respiratory allergies and infections

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Antioxidant Combination
Grapine
Crypress Oil
Thieves Oil
Exodus Oil
ImmuPower Oil
Sacred Frankincense Oil

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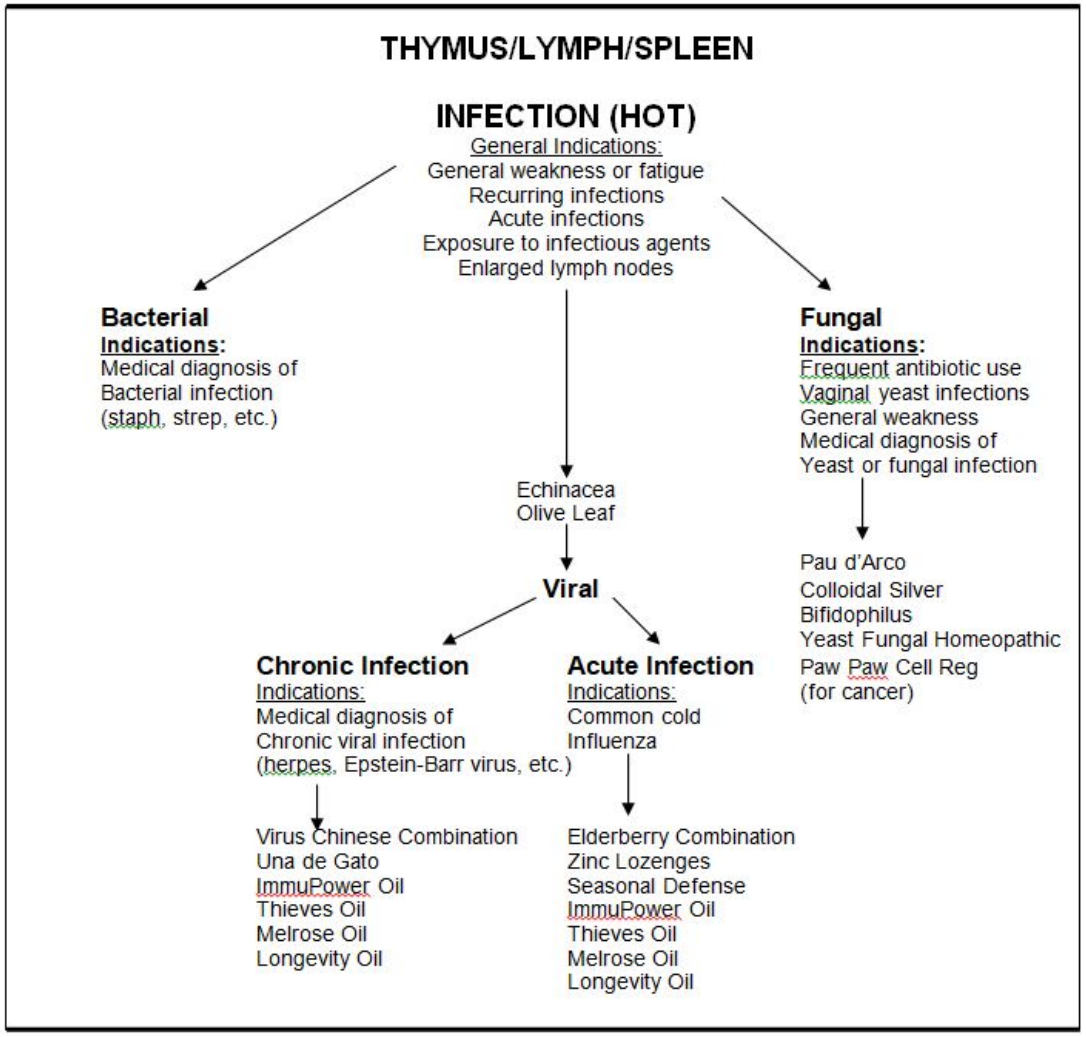
Body Systems

Immune System Flow Chart



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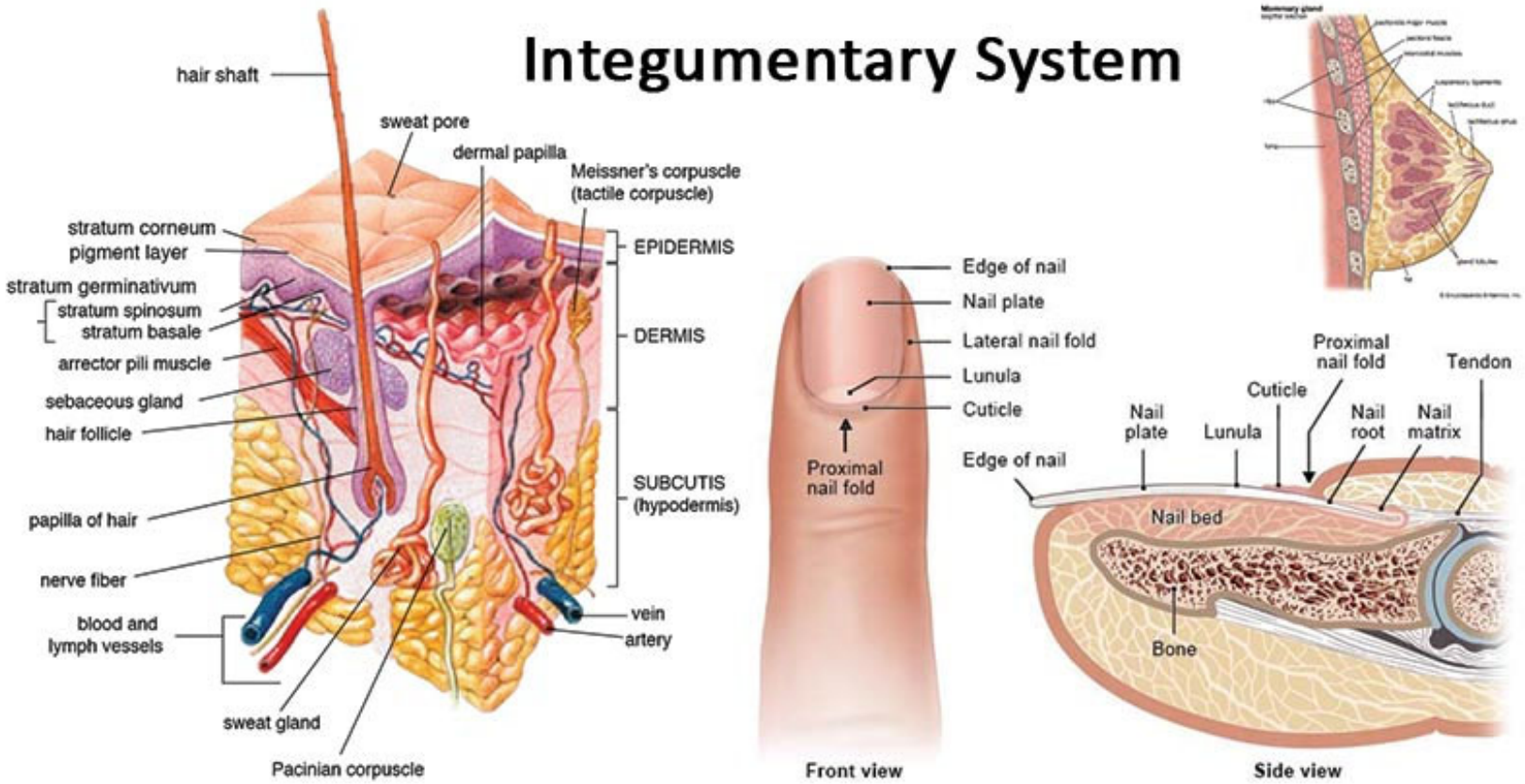
Body Systems



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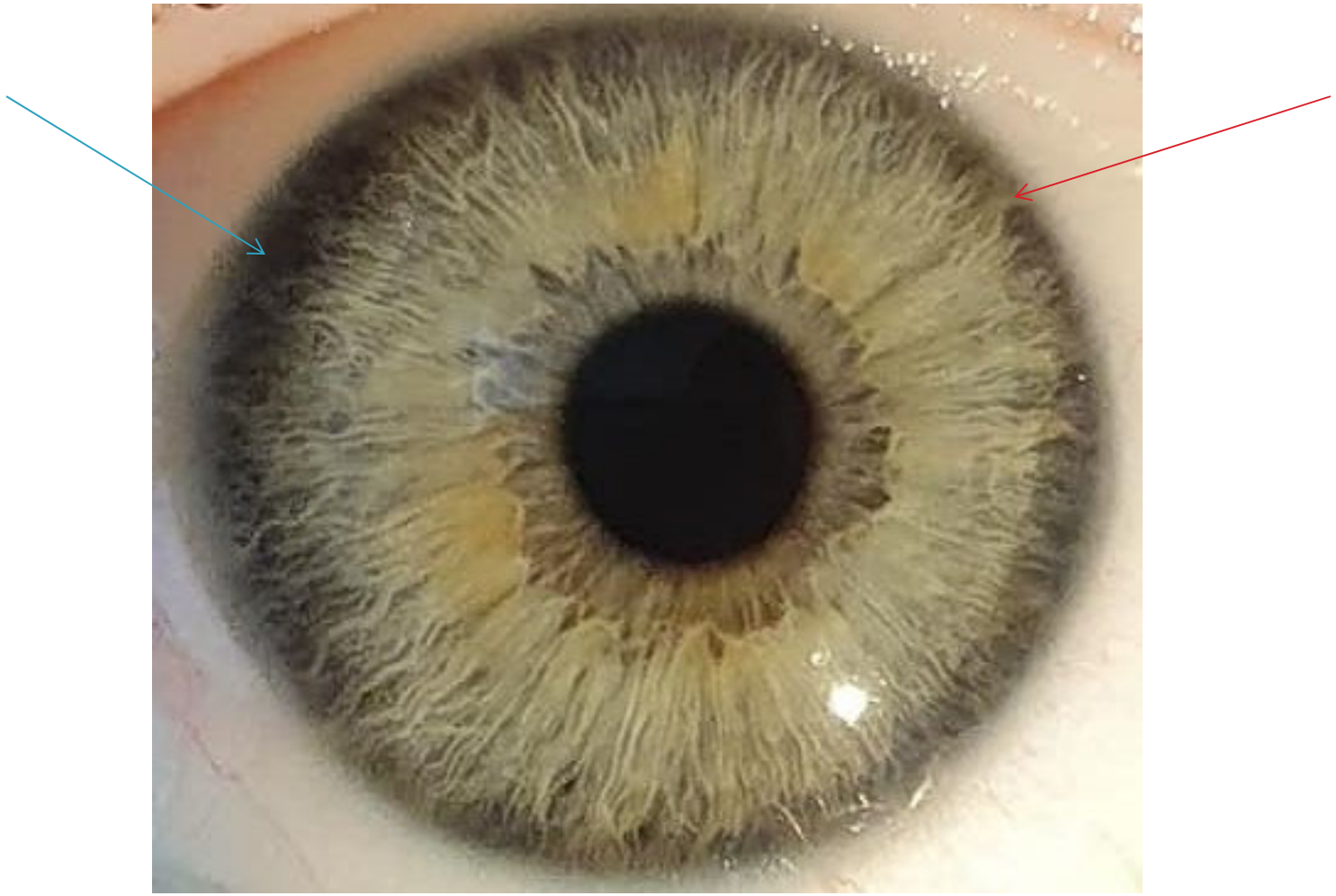
Body Systems

Integumentary System - Skin



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Body Systems

Integumentary System Flow Chart

MUSCLES/BONES/JOINTS/HAIR, SKIN & NAILS

HAIR, SKIN & NAILS

Indications:
Split ends; hair lacks luster
Brittle fingernails

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Hair, Skin & Nail Combination
Super GLA
Protein Digestive Aid – HCL
Melrose Oil
Juva Cleanse Oil
Purification Oil
Lavender Oil

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Body Systems

Integumentary System Flow Chart

MUSCLES/BONES/JOINTS/HAIR, SKIN & NAILS

SKIN PROBLEMS

General Indications:
Liver or blood problems
Rashes
Skin eruptions
Dry skin

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Blood Purifier Combination or Chinese Blood Building Combination
Evening Primrose Oil

Acne

Indications:
Pimples
Blackheads
Sebaceous cysts
Cystic acne

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Tea Tree Oil
Paw Paw Shampoo
Skin Detoxifier
Tea Tree Oil
Geranium Oil
Cedarwood Oil
German Chamomile Oil
Melrose Oil
Purification Oil

Eczema/Psoriasis

Indications:
Dry skin
Itchy, scaly patches
Silvery, white patches
(Psoriasis is both genetic & deficiency)

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Pau d'Arco Lotion
Psoriasis – Herbal Trim
Psoriasis – Psoriasis Homeopathic
Psoriasis – Skin Detoxifier
Psoriasis – Flax Seed Oil
Lavender Oil
Myrrh Oil
Blue Cypress Oil
Juva Cleanse Oil
Purification Oil
Melrose Oil

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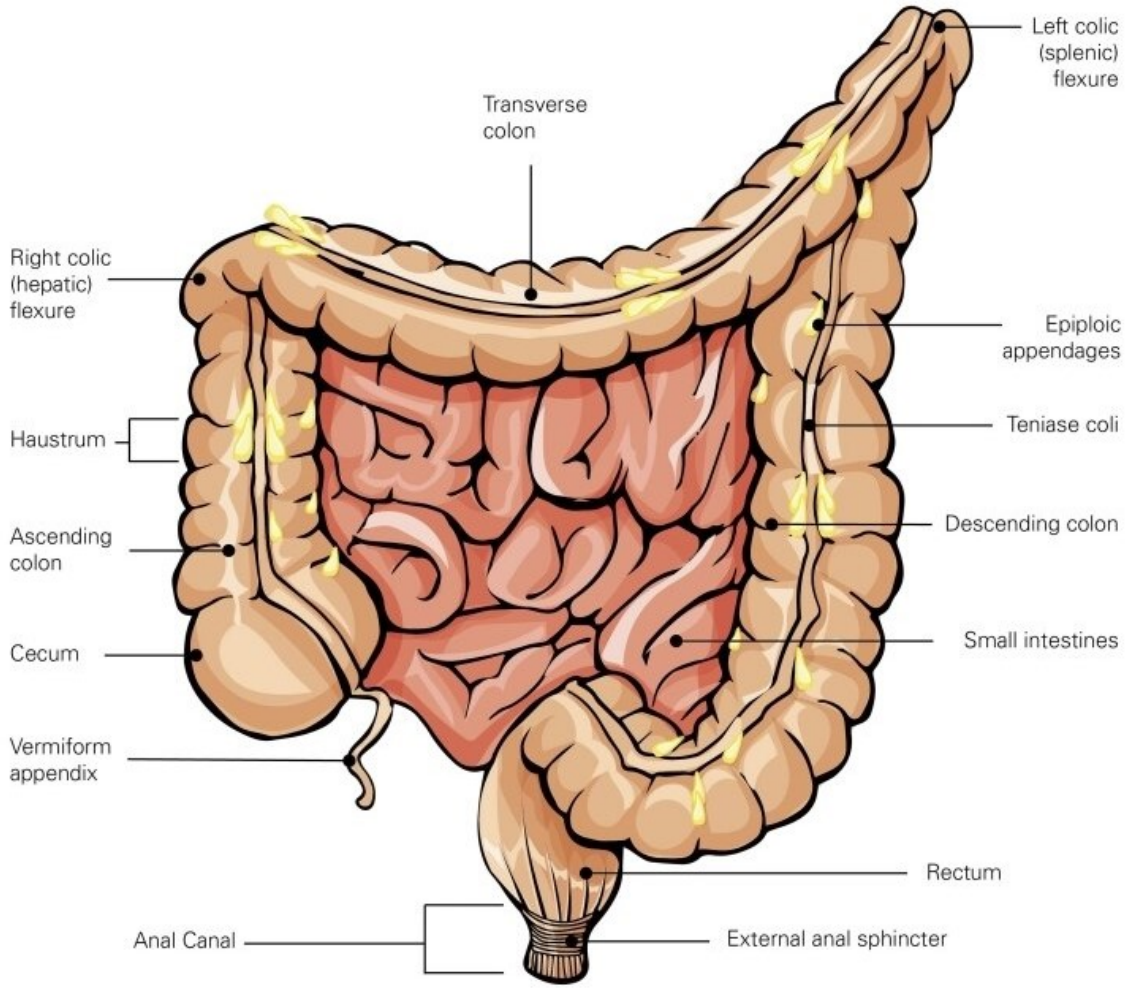
Body Systems

Intestinal System



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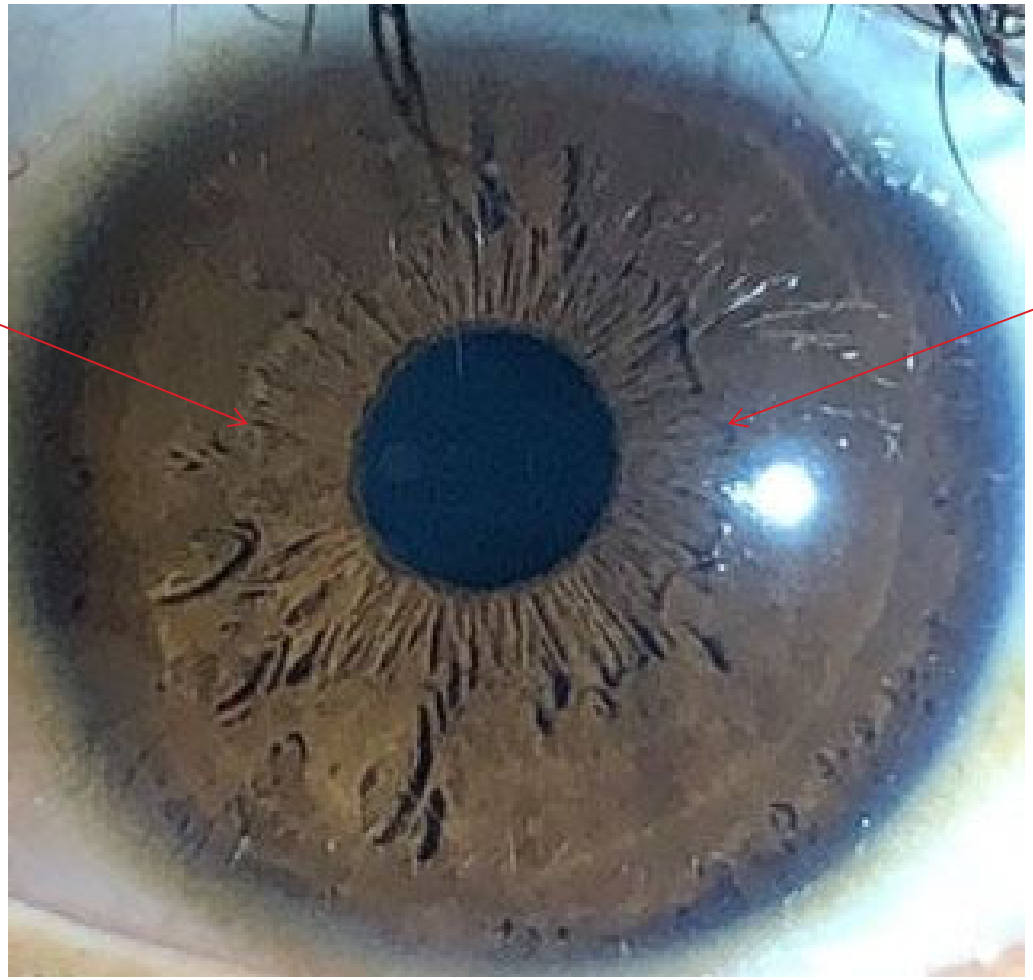
Body Systems

Intestinal System – Balanced Collarette



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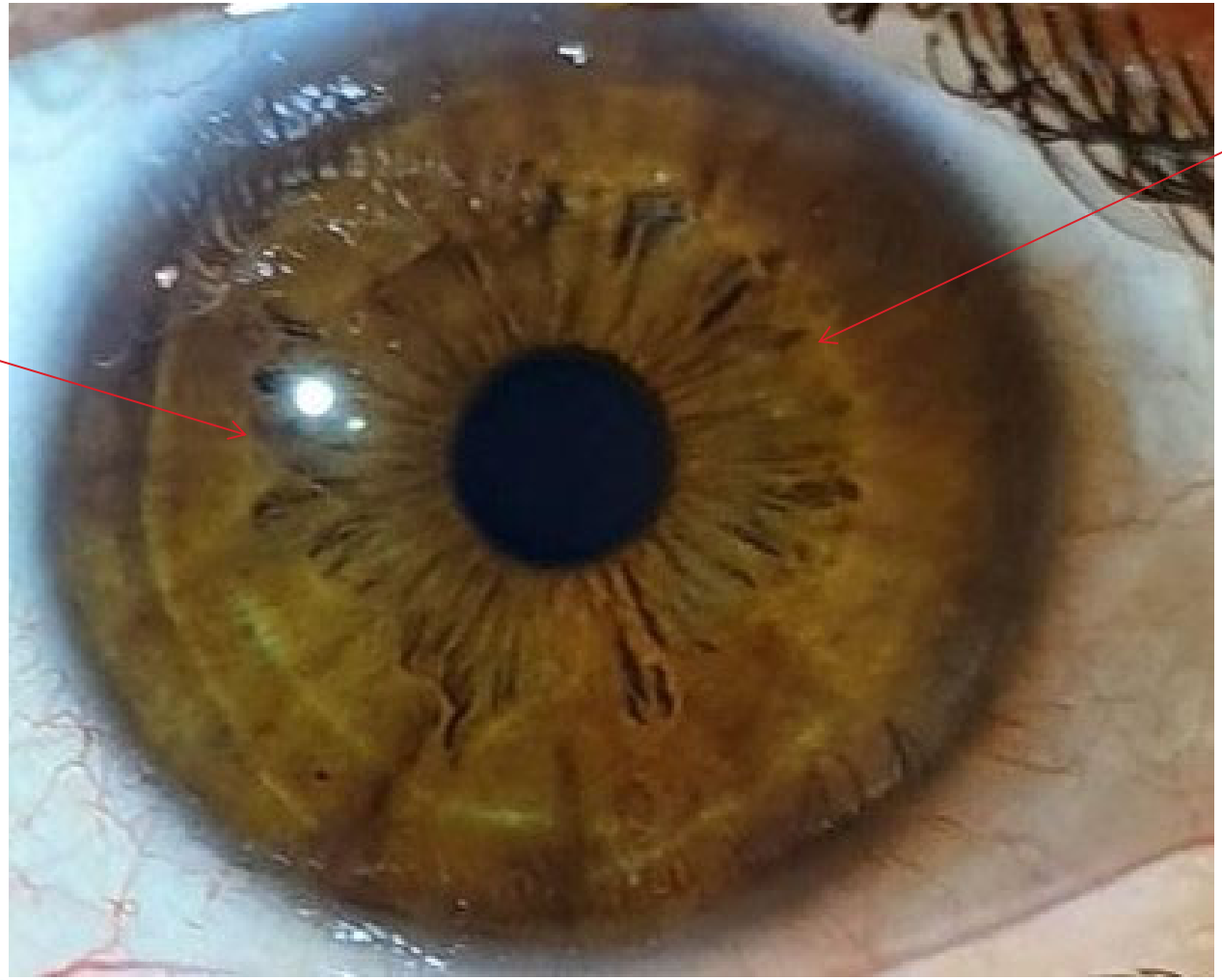
Body Systems

Intestinal System – Atonic Collarette



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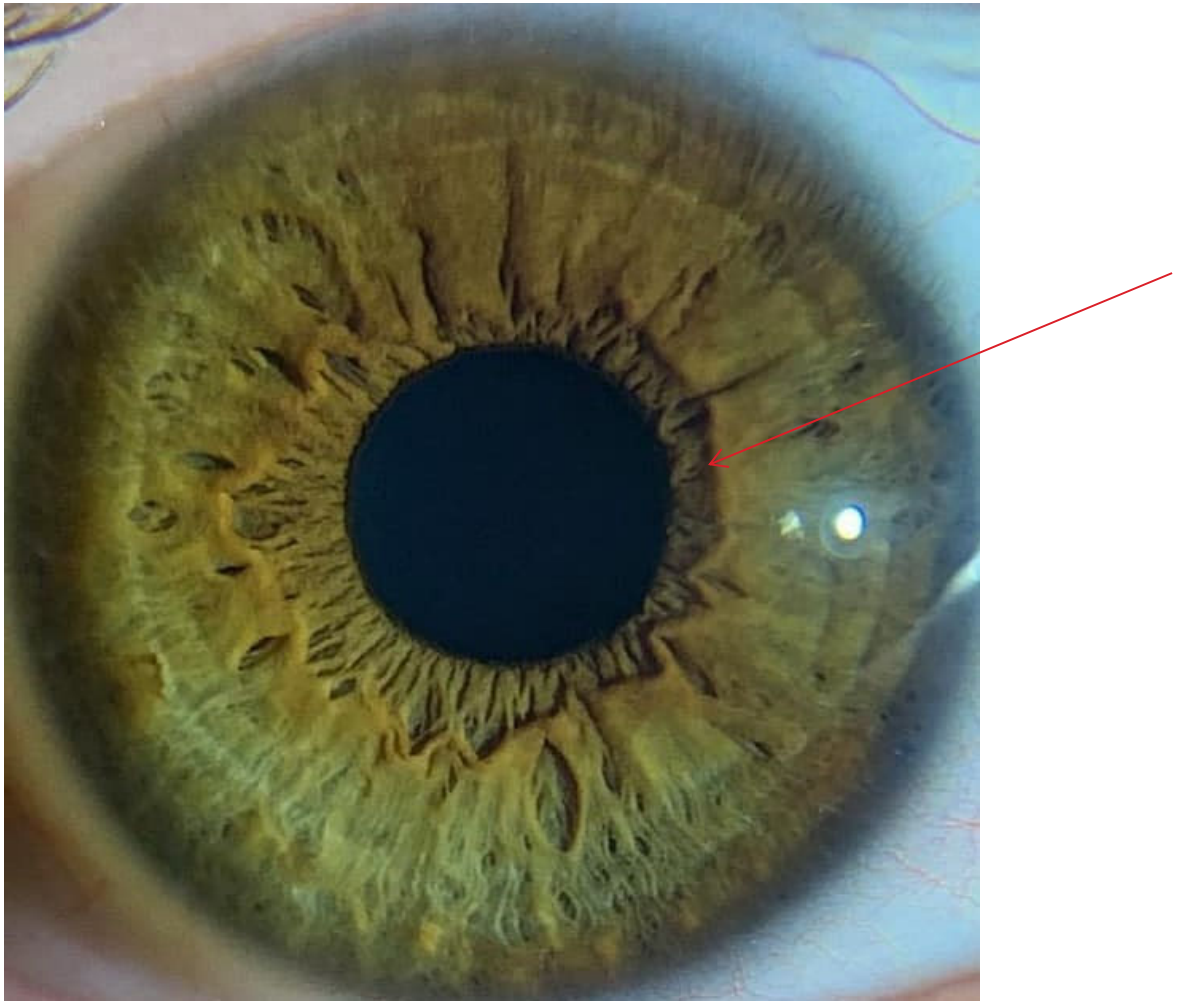
Body Systems

Intestinal System – Constricted Collarette



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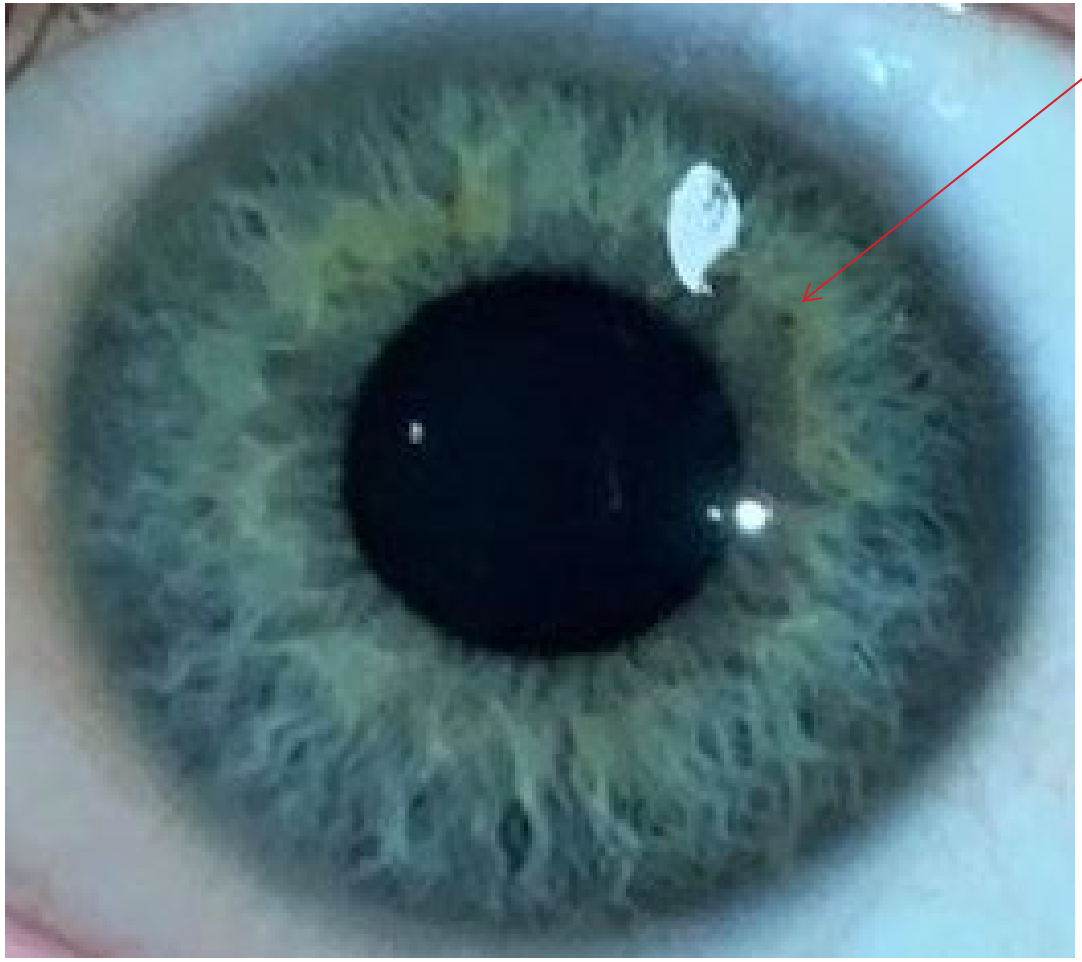
Body Systems

Intestinal System – Collarette Crypt



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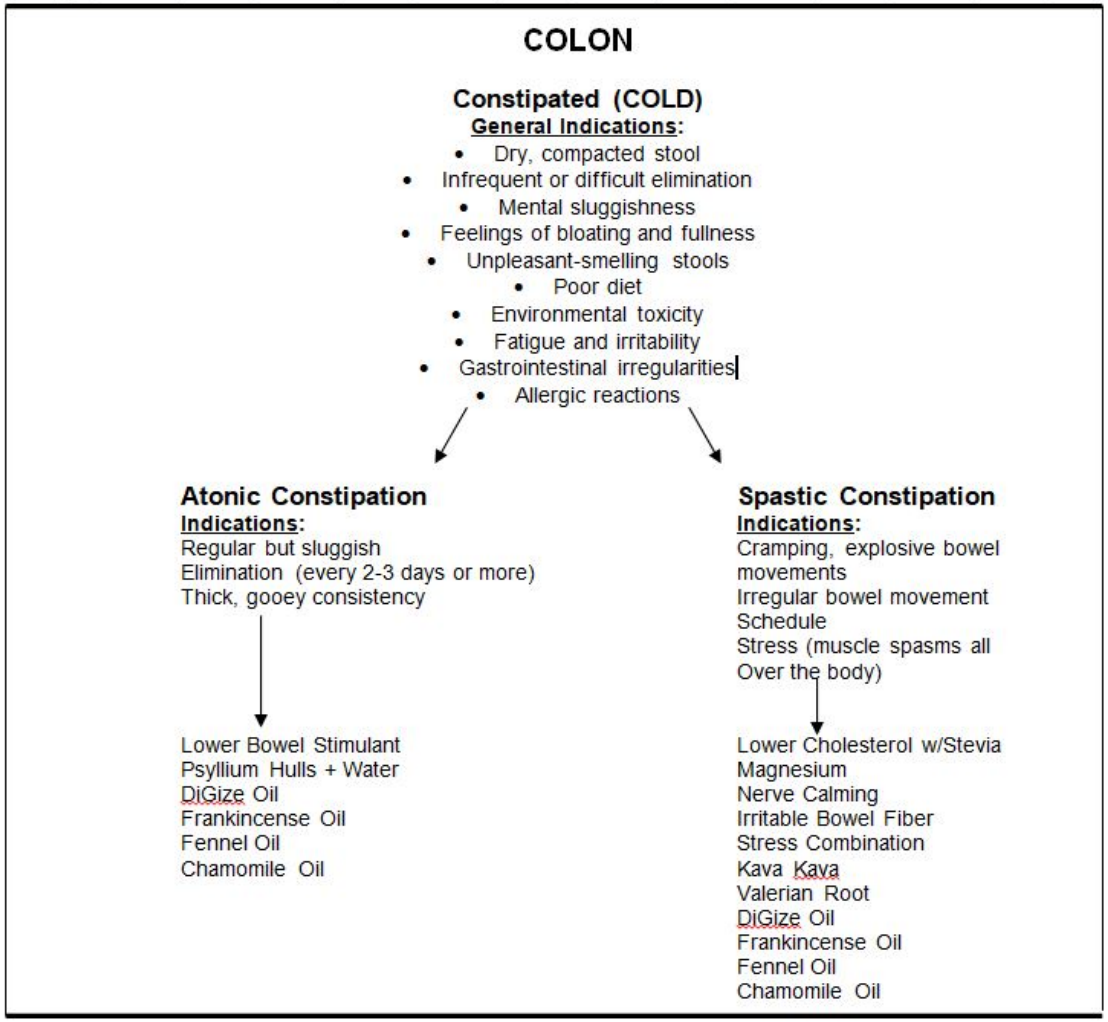
Body Systems

Intestinal System Flow Chart



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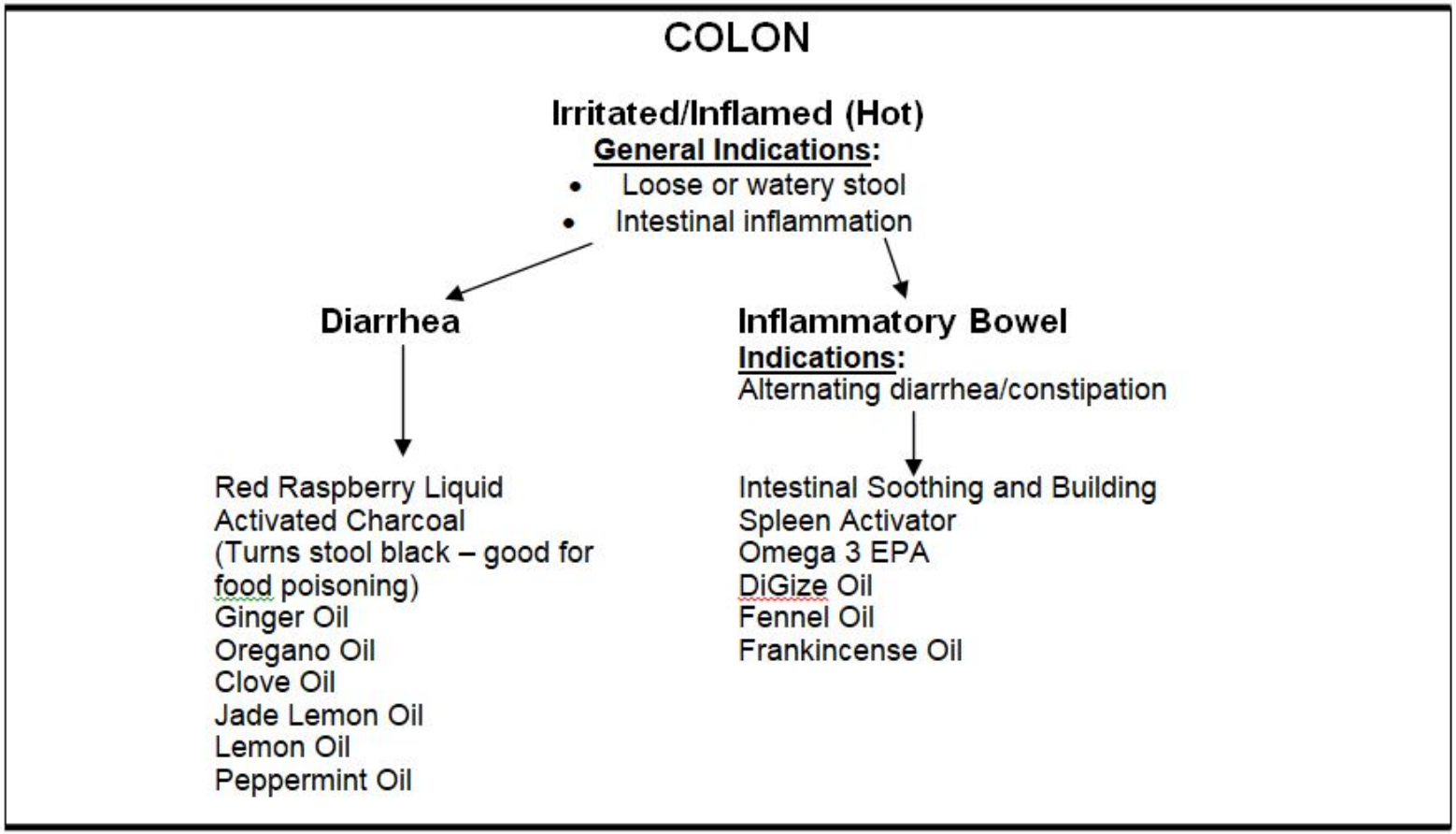
Body Systems

Intestinal System Flow Chart



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Body Systems

Intestinal System Flow Chart

COLON

Parasites

Indications:

- Severe diarrhea after foreign travel
- Chronic diarrhea after drinking untreated water
- Chronic, unresolved health problems
- Constant hunger
- Unsatisfied appetite
- Itchy rectum

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Parasite Cleansing
Bifidophilus – take with cleansing
Liquid Black Walnut (children)
L-Reuteri
Basil Oil
DiGize Oil
Juva Cleanse
Purification on the belly or bottoms of the feet

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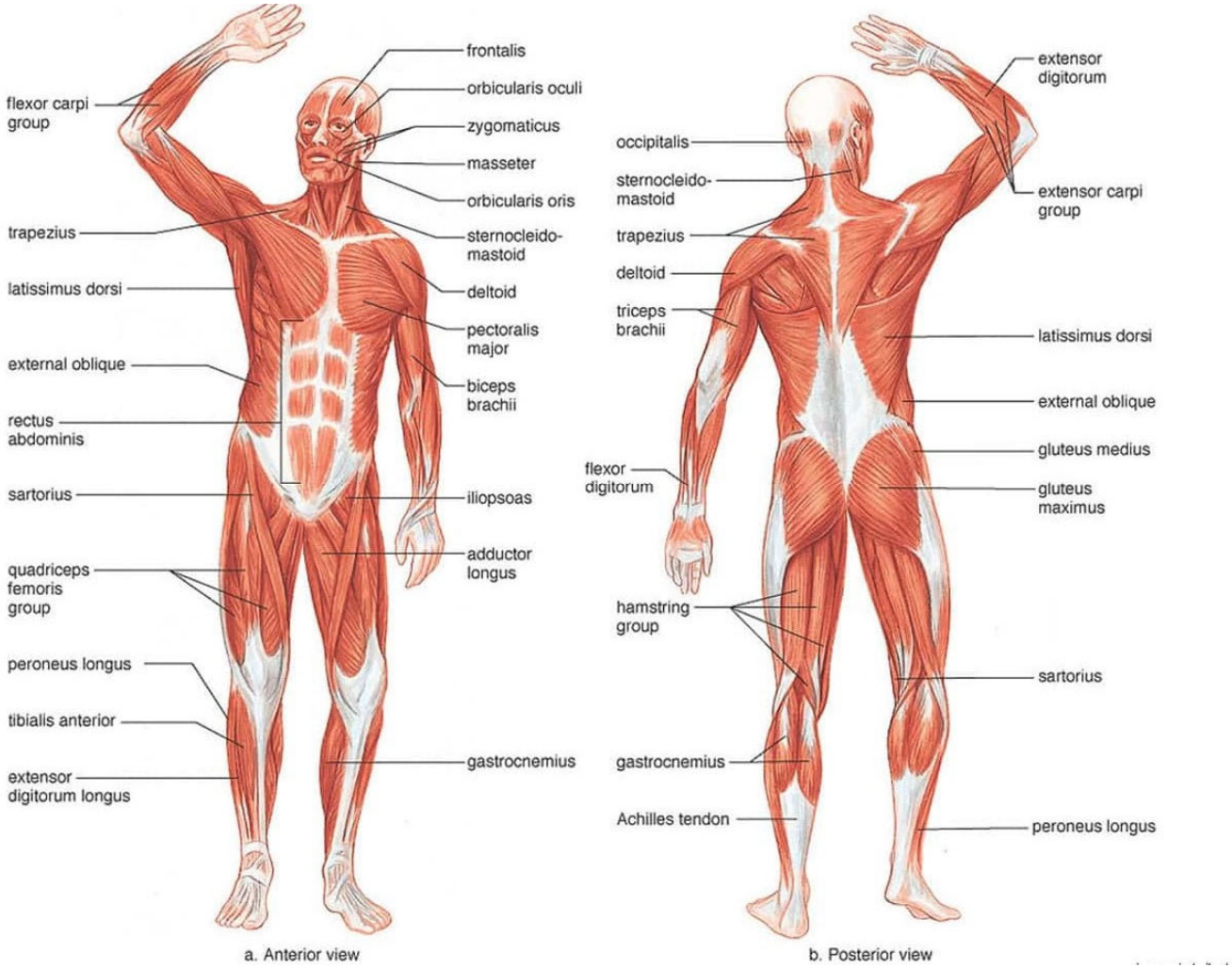
Body Systems

Muscular System



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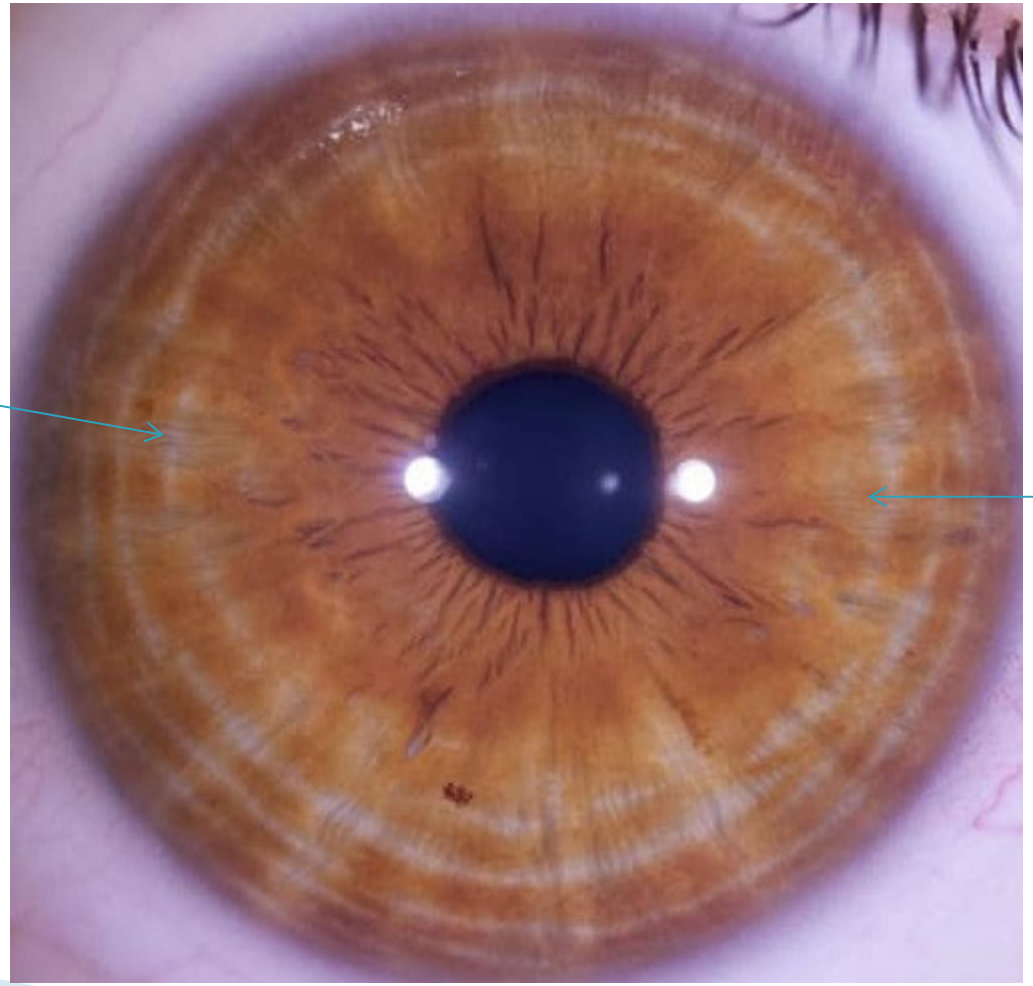
Body Systems

Muscular System – zone 4



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Body Systems

Muscular System Flow Chart

MUSCLES/BONES/JOINTS/HAIR, SKIN & NAILS

INFLAMMATION

Joints

Indications:

Heat and/or swelling
Sensitivity to damp weather
Diagnosis of arthritis, gout or other Inflammatory joint disease
High-protein diet

↓

Joint Support Combination
Glucosamine – replaces cartilage
Chondroitin – moisturizes bones
(Use if walking and hearing cracking)
Noni
MSM
Coral Calcium – alkalinizing – arthritis
Green drink – alkalinizing – arthritis
PanAway Oil
Cool Azul Oil
Copiaba Oil
Frankincense Oil
Sacred Mountain Oil

Muscles

Indications:

Heat and/or swelling
Muscle pain
Sleep disorders
Depression
Fatigue

↓

Fibromyalgia Combination
MSM/Glucosamine Cream (put on "it is")
IGF Spray
PanAway Oil
Cool Azul Oil
Copiaba Oil
Frankincense Oil
Sacred Mountain Oil

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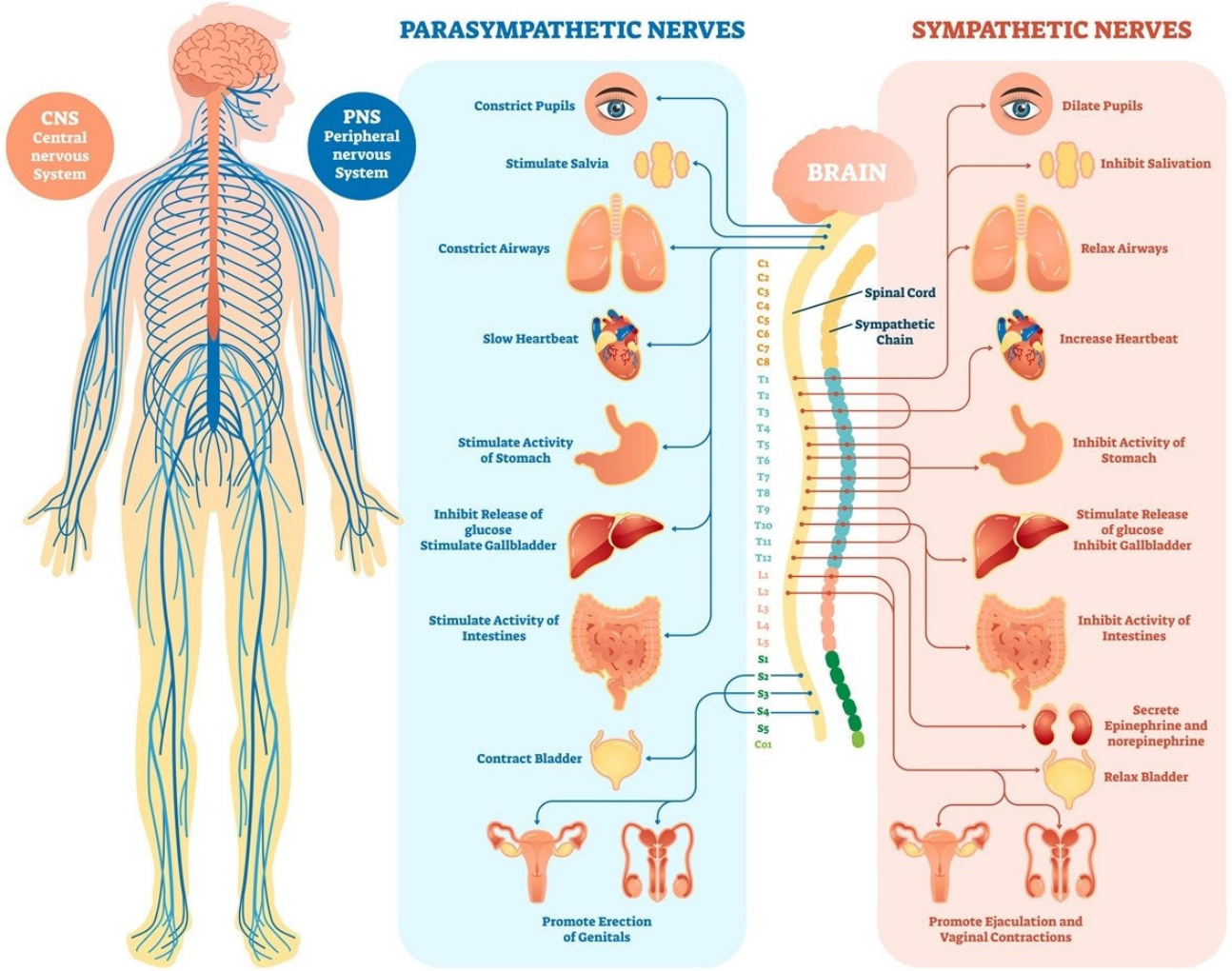
Body Systems

Nervous System



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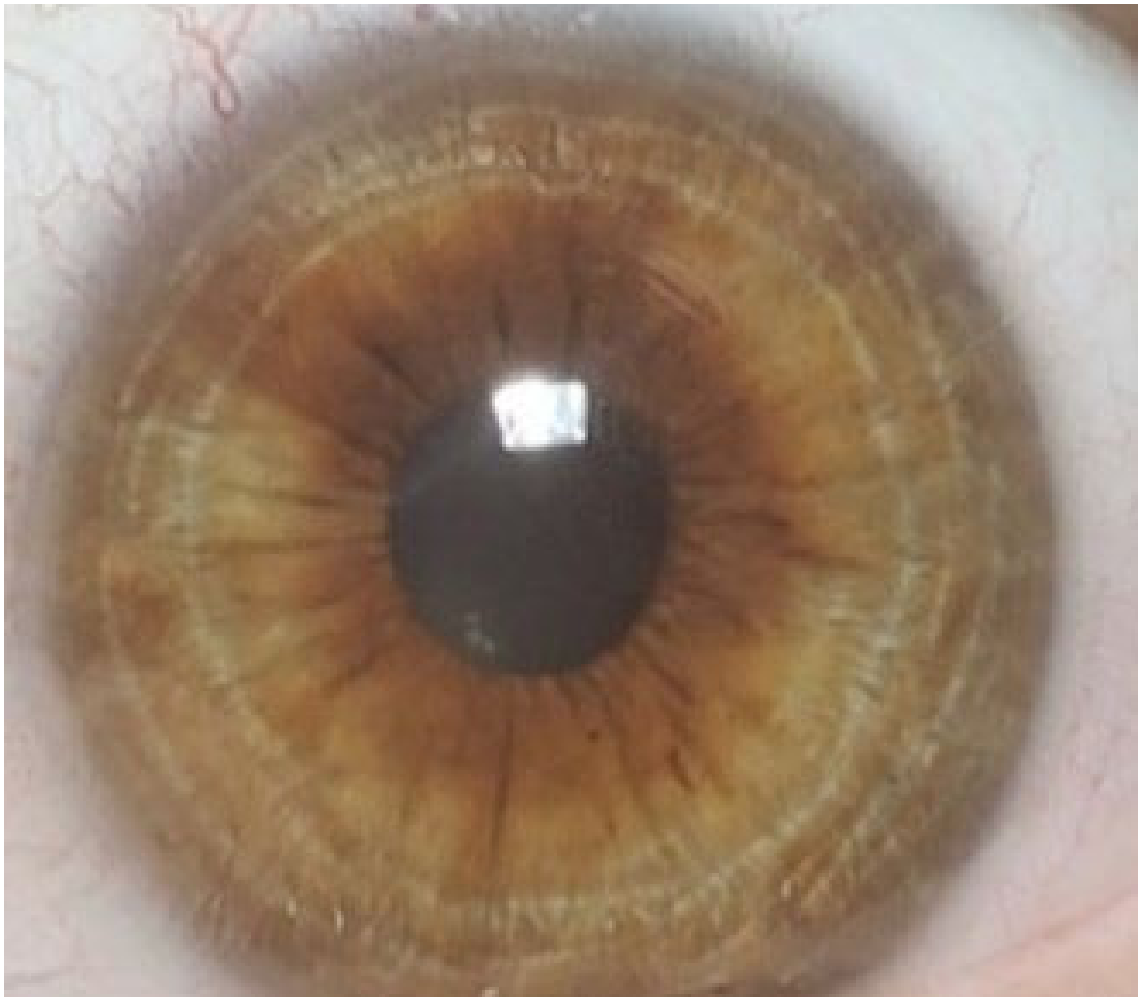
Body Systems

Nervous System



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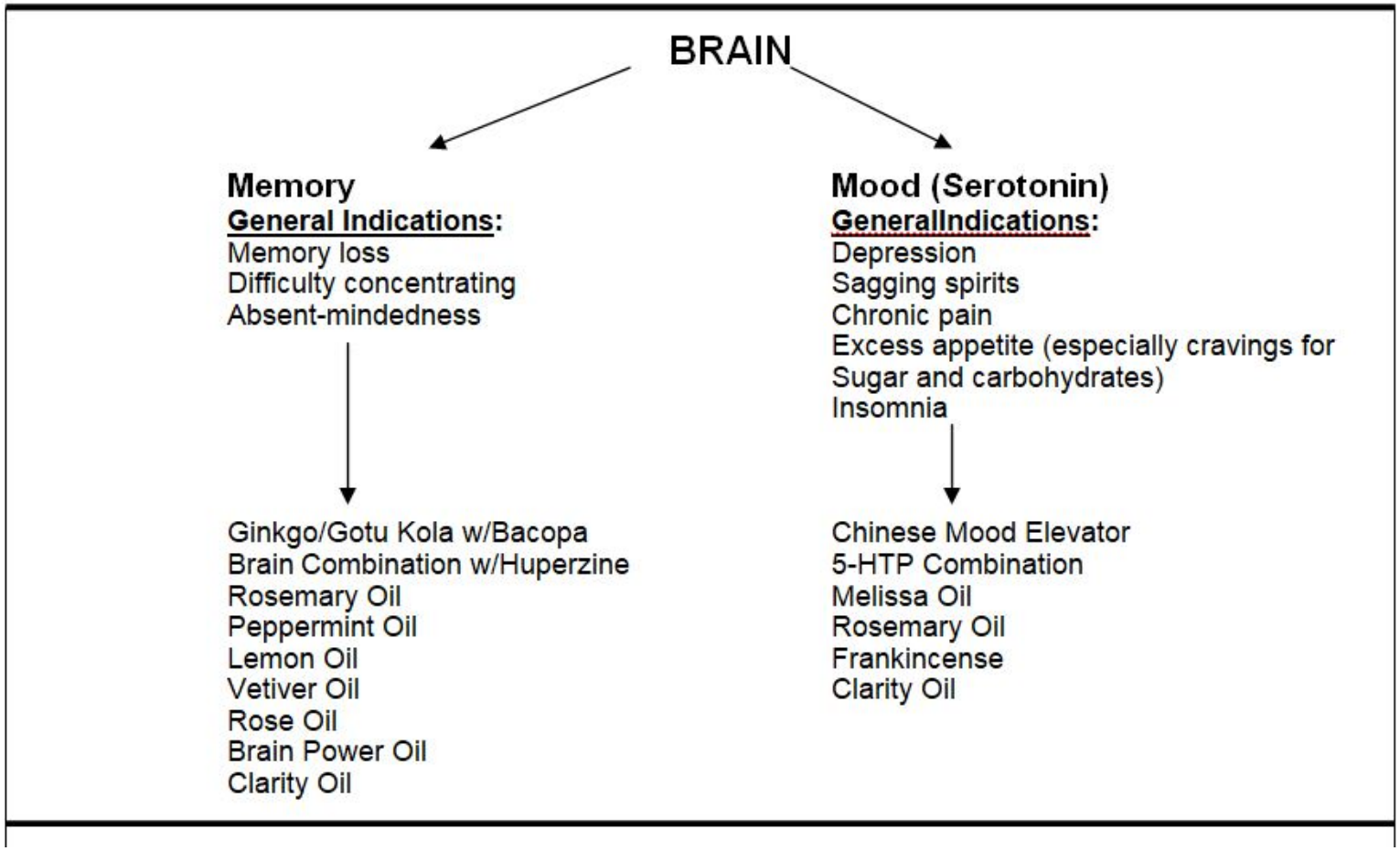
Body Systems

Nervous System Flow Chart



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Body Systems

Nervous System Flow Chart

BRAIN

Sleep
General Indications:
Insomnia (difficulty falling asleep)

Herbal Sleep Combination
5-HTP Combination
Peace and Calming Oil
Stress Away Oil
RutaVaLa Oil
Valor Oil

Overactivity
General Indications:
Excessive mental "chatter"
Hyperactivity
Difficulty concentrating
Tics
ADD and ADHD
Seizures

GABA Combination
Focus Attention Combination
Peace and Calming Oil
Stress Away Oil
RutaVaLa Oil
Valor Oil

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Body Systems

Nervous System Flow Chart

NERVES/BRAIN

↓

Symptoms of Excess Parasympathetic/
Deficient Sympathetic

General Indications:

Good digestion	Hyperactivity
Good stamina but lethargic	Mental confusion
Low blood pressure	Difficulty concentrating
Small pupils	Restless sleeping
Sweats easily	Urination at night
Sensitive to noises and touch	

↓

Chinese Ephedra Combination
Energy Combination
Helichrysum Oil
Rosemary Oil
Vetiver Oil
Aroma Siez Oil
RutaVala Oil

JOYFUL LIVING SERVICES

Body Systems

Nervous System Flow Chart

NERVES/BRAIN

↓

Symptoms of Excess Sympathetic/
Deficient Parasympathetic

General Indications:

Anxiety-like response
Enlarged pupils
High blood pressure
Infrequent bowel movements
Nervous strain
Tension headaches
Irritability
Indigestion
Rapid heartbeat with palpitations or weak pulse
Nightmares
Muscle Tension

↓

Stress Combination
Chinese Stress Relief
Helichrysum Oil
Rosemary Oil
Vetiver Oil
Aroma Siez Oil
RutaVala Oil

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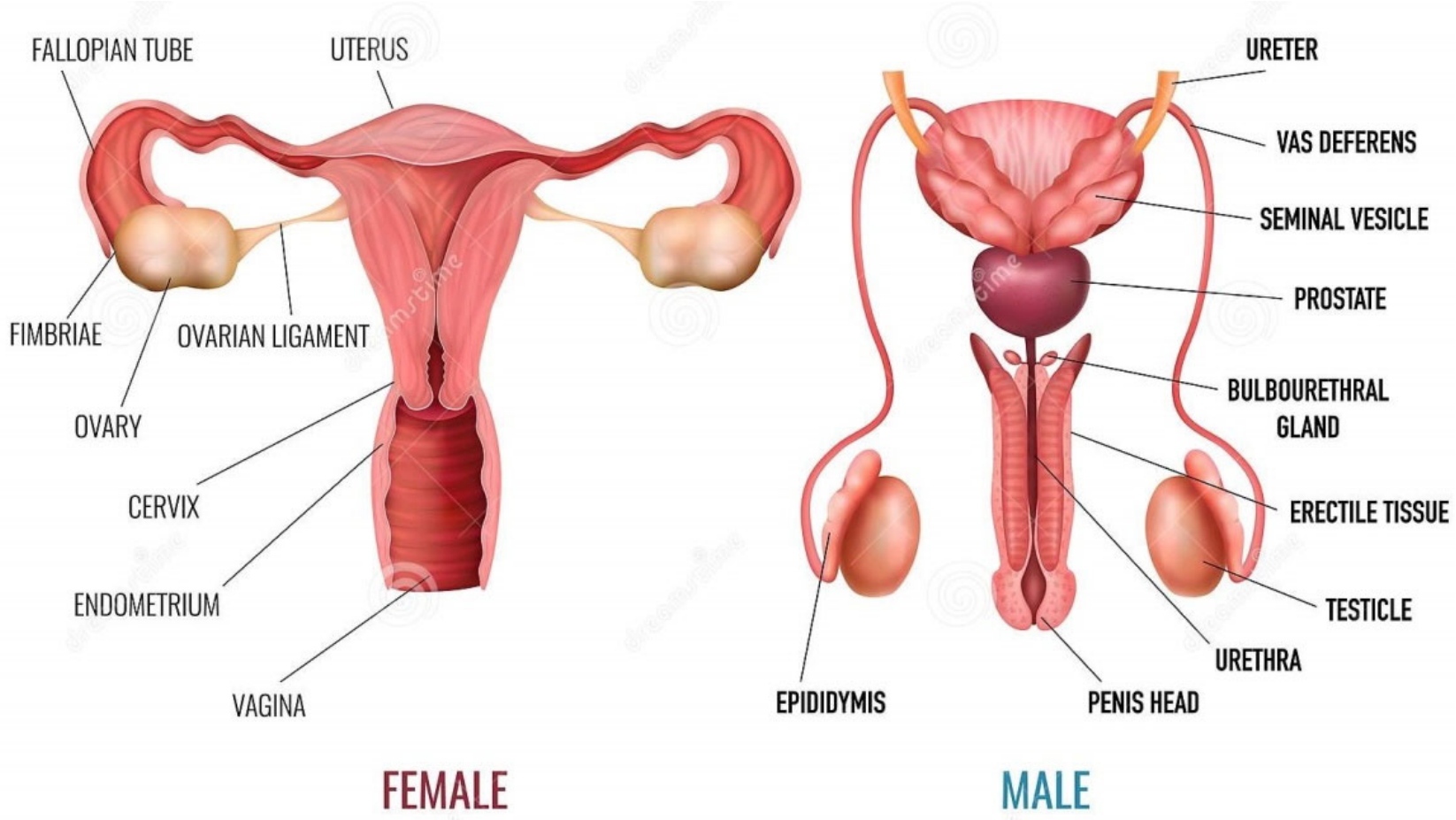
Body Systems

Reproductive System



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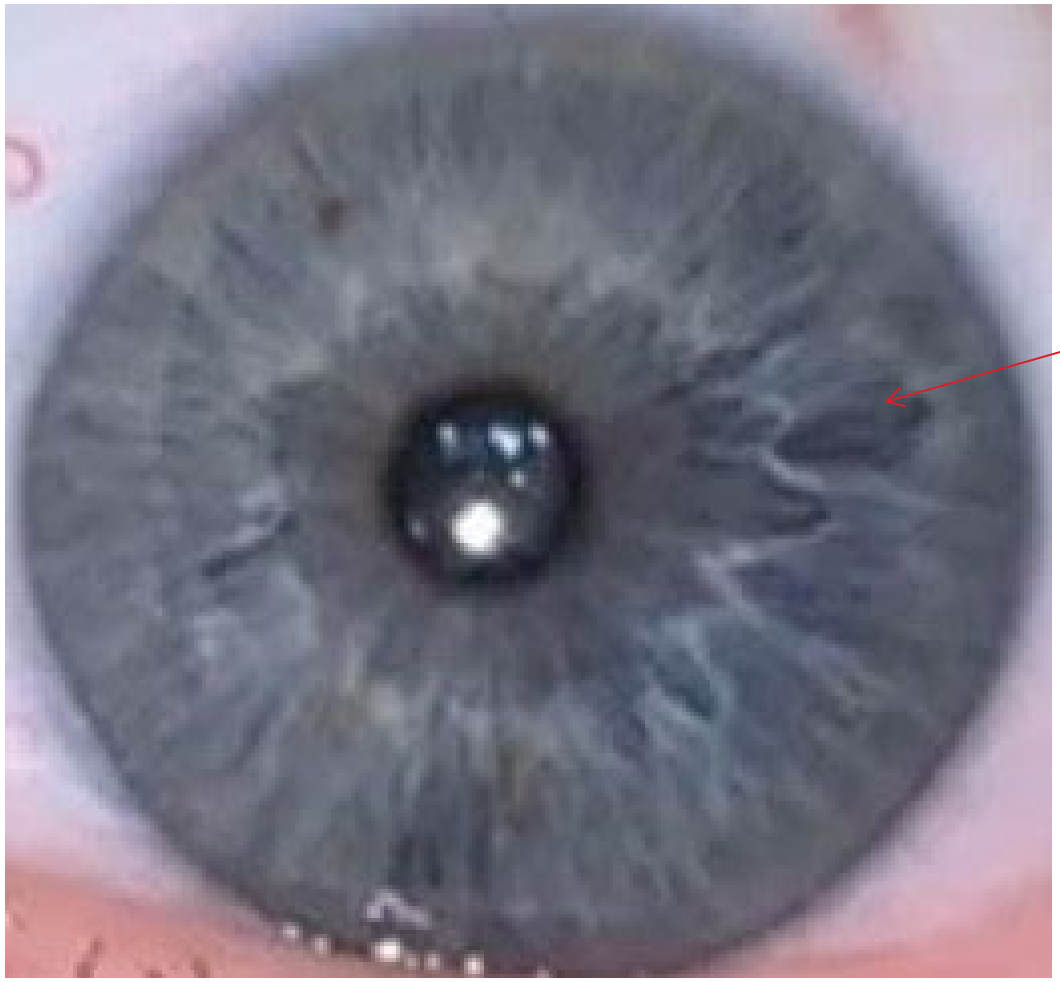
Body Systems

Reproductive System - Breast



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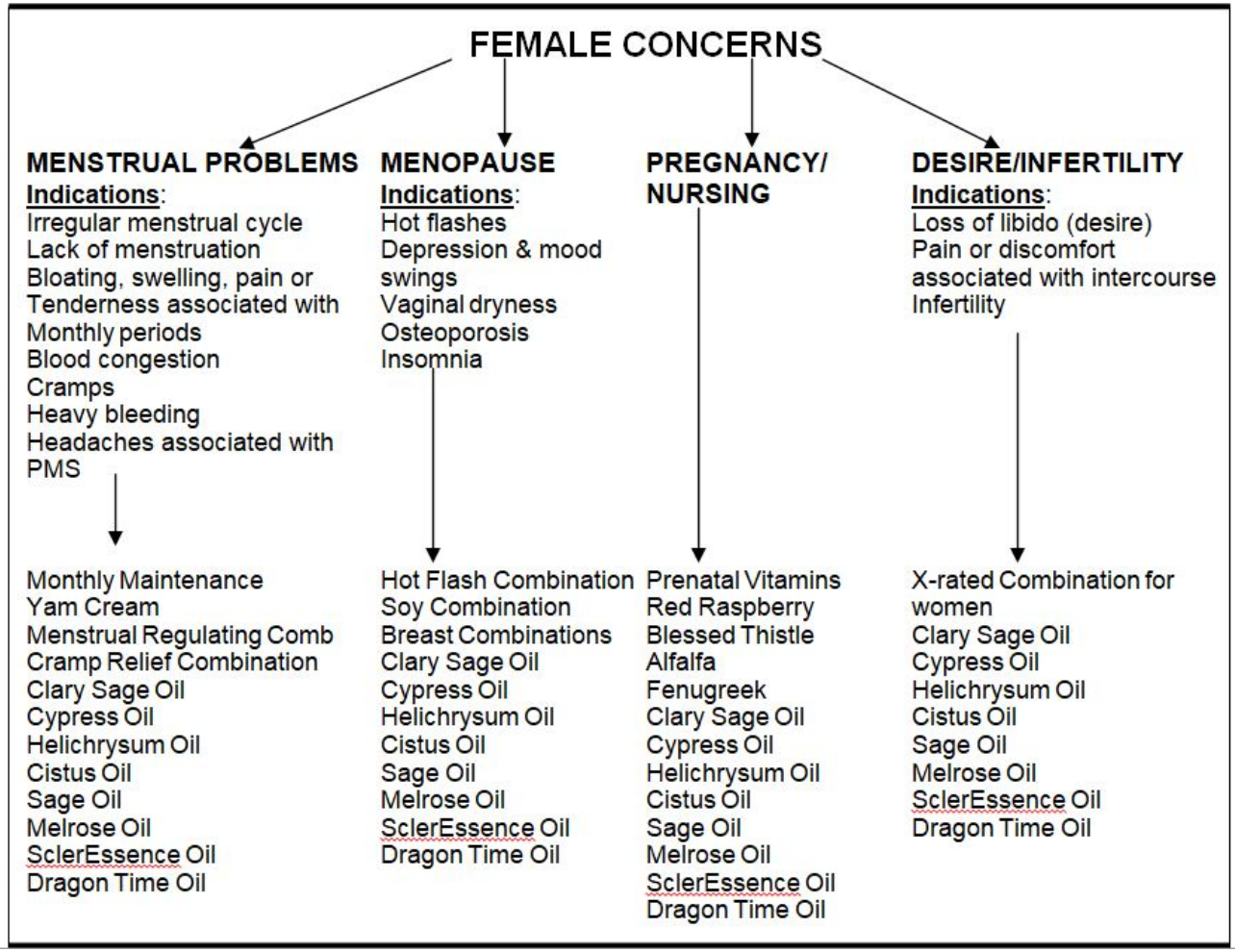
Body Systems

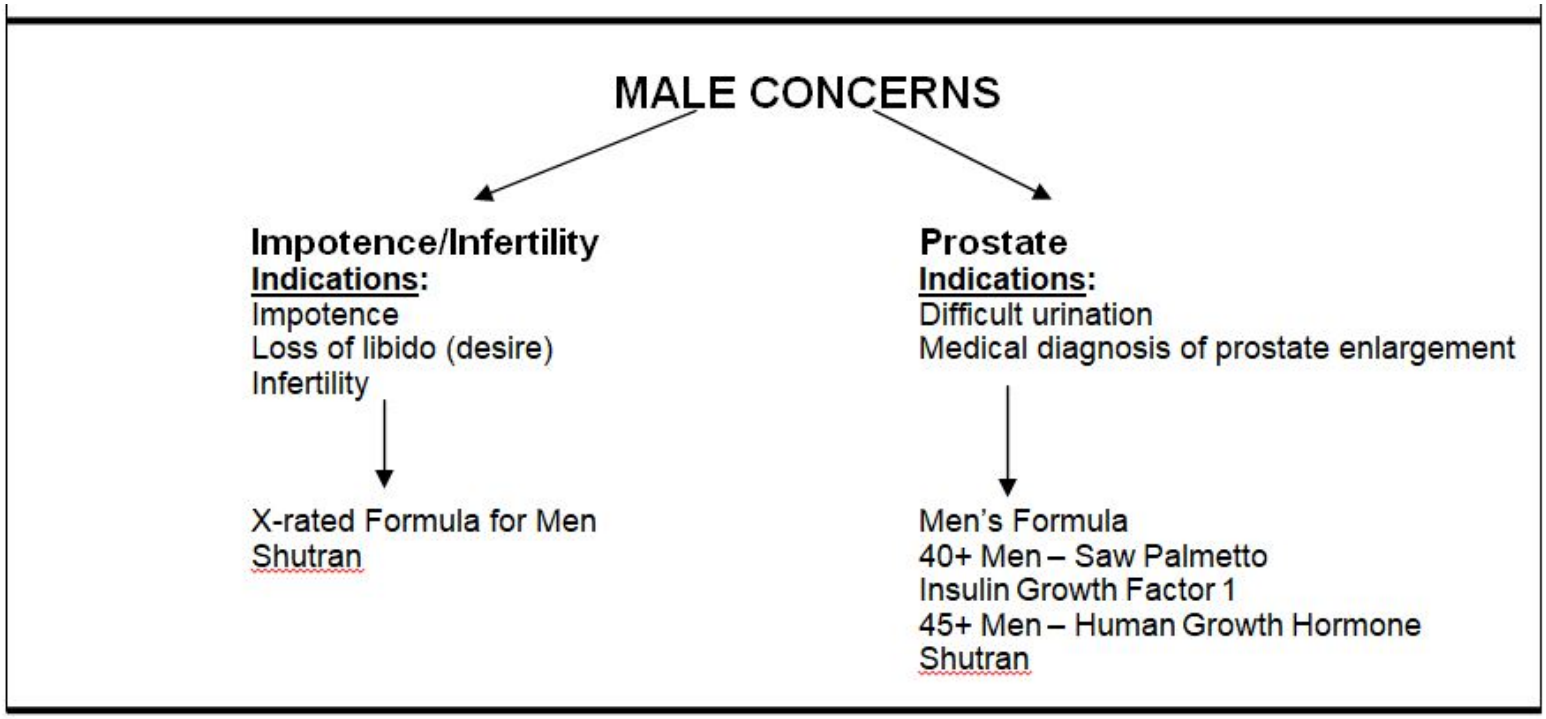
Reproductive System Flow Chart



JOYFUL LIVING SERVICES

Body Systems

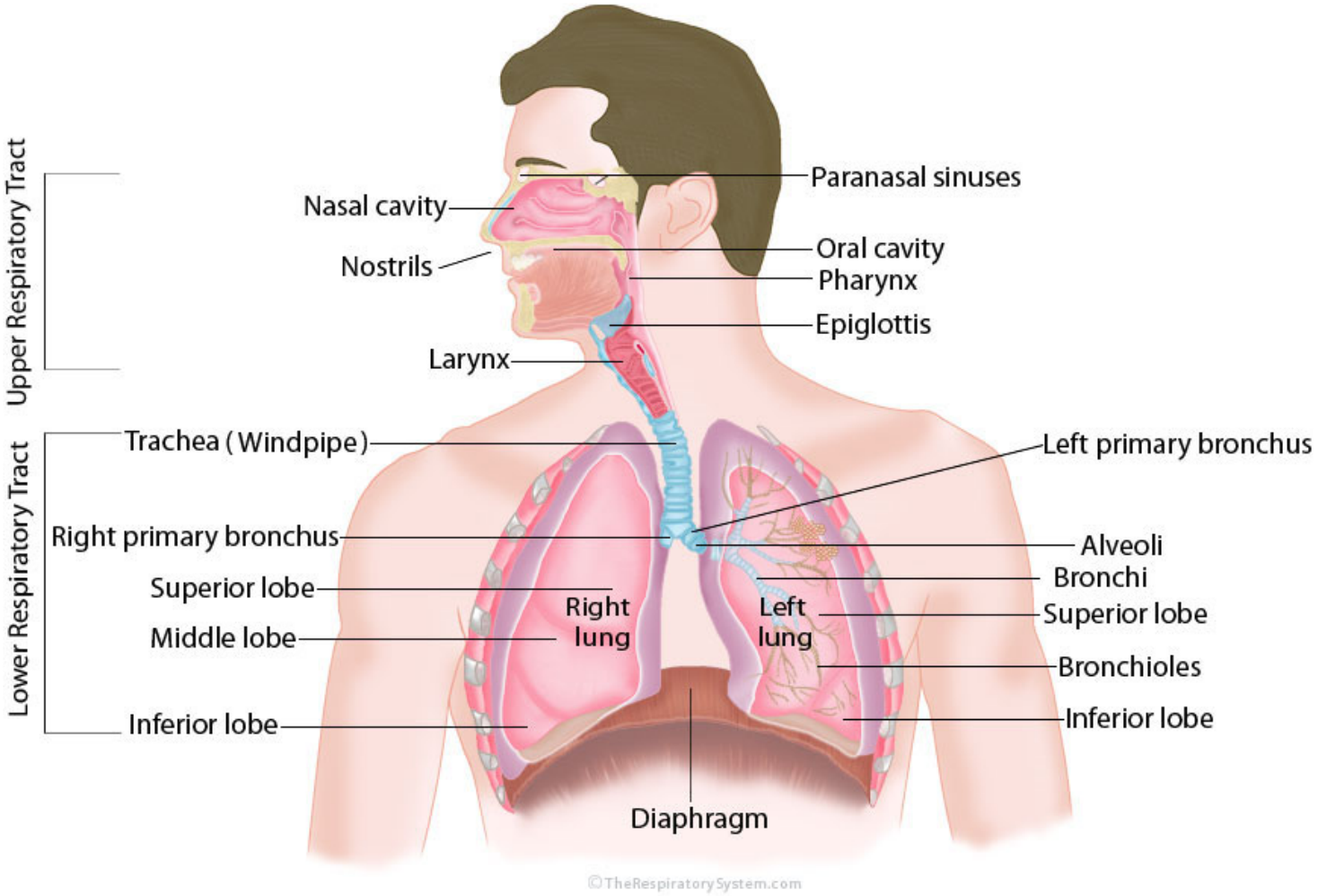
Reproductive System Flow Chart



JOYFUL LIVING SERVICES

Body Systems

Repiratory System



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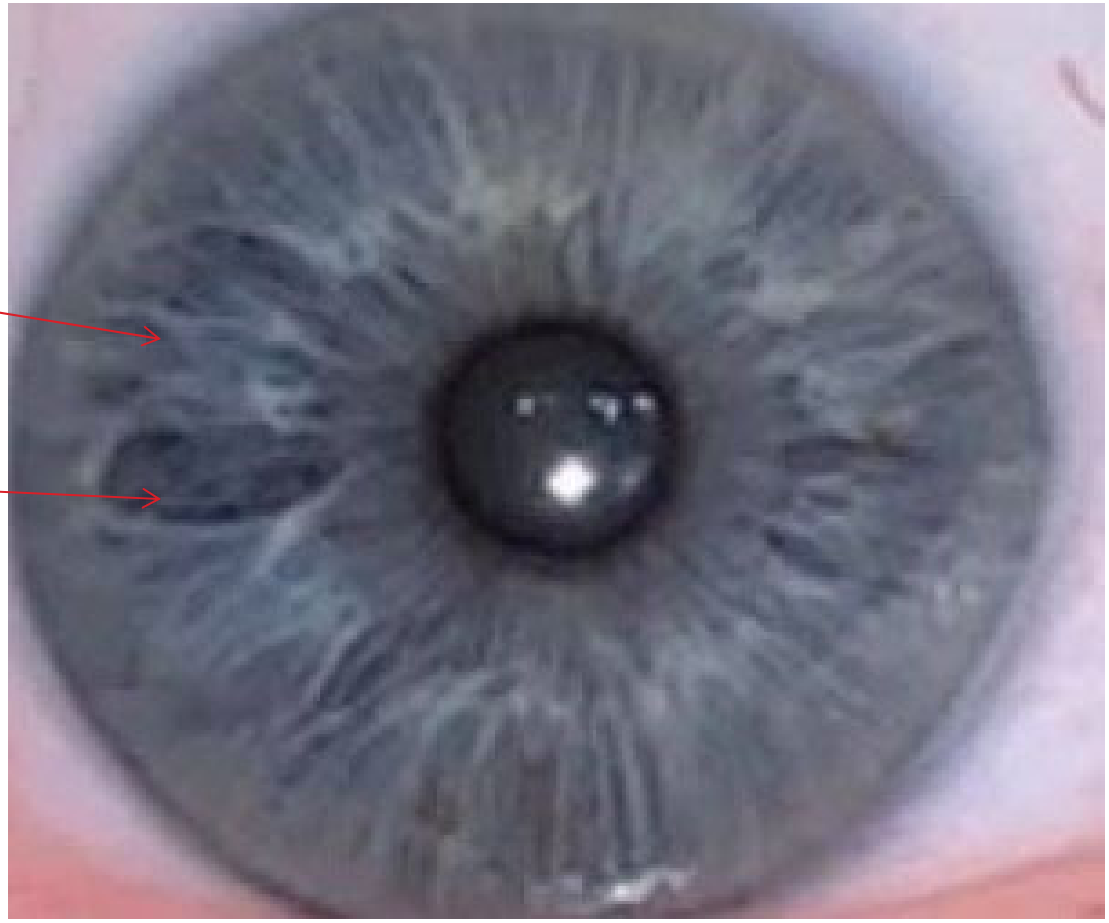
Body Systems

Respiratory System and Breast

Respiratory

Breast



JOYFUL LIVING SERVICES

Body Systems

Respiratory System Flow Chart

CONSTRICTED AIRWAYS*

History of Anxiety/Stress

Indications:

Wheezing
Deep, gasping cough
Bronchial constriction
Nervous asthma
Asthma attack

Breathe Easy Combination
Lobelia
Asthma Homeopathic
Eucalyptus Radiata Oil
Ravintsara Oil
Palo Santo Oil
RC Oil
Valor Oil
Raven Oil
Breathe Again Oil

History of Hayfever/Respiratory Allergies

Indications:

Itchy nose and ears
History of frequent ear infections
Red, irritated eyes
Exposure to air pollution
Allergic asthma

Histamine Combination
Allergy Combination
Eucalyptus Radiata Oil
Ravintsara Oil
Palo Santo Oil
RC Oil
Valor Oil
Raven Oil
Breathe Again Oil

*Consult a doctor for a diagnosis first.

JOYFUL LIVING SERVICES

Body Systems

Respiratory System Flow Chart

DEFICIENT MUCUS (DRY)

General Indications:
Deficient, thick, yellow mucus
Dry lungs and sinuses

Dry & Irritated (Dry)

Indications:
Dry, irritated cough
Unproductive cough

Mullein
Marshmallow
Licorice Root
Slippery Elm Tea
Lobelia
Raven Oil
Thieves Oil
Eucalyptus Oil
RC Oil
Breathe Again Oil

Dry & Weakened (Cold)*

Indications:
Wheezing, shortness of breath
Pale, thin
Dry, leathery lungs
Smoker

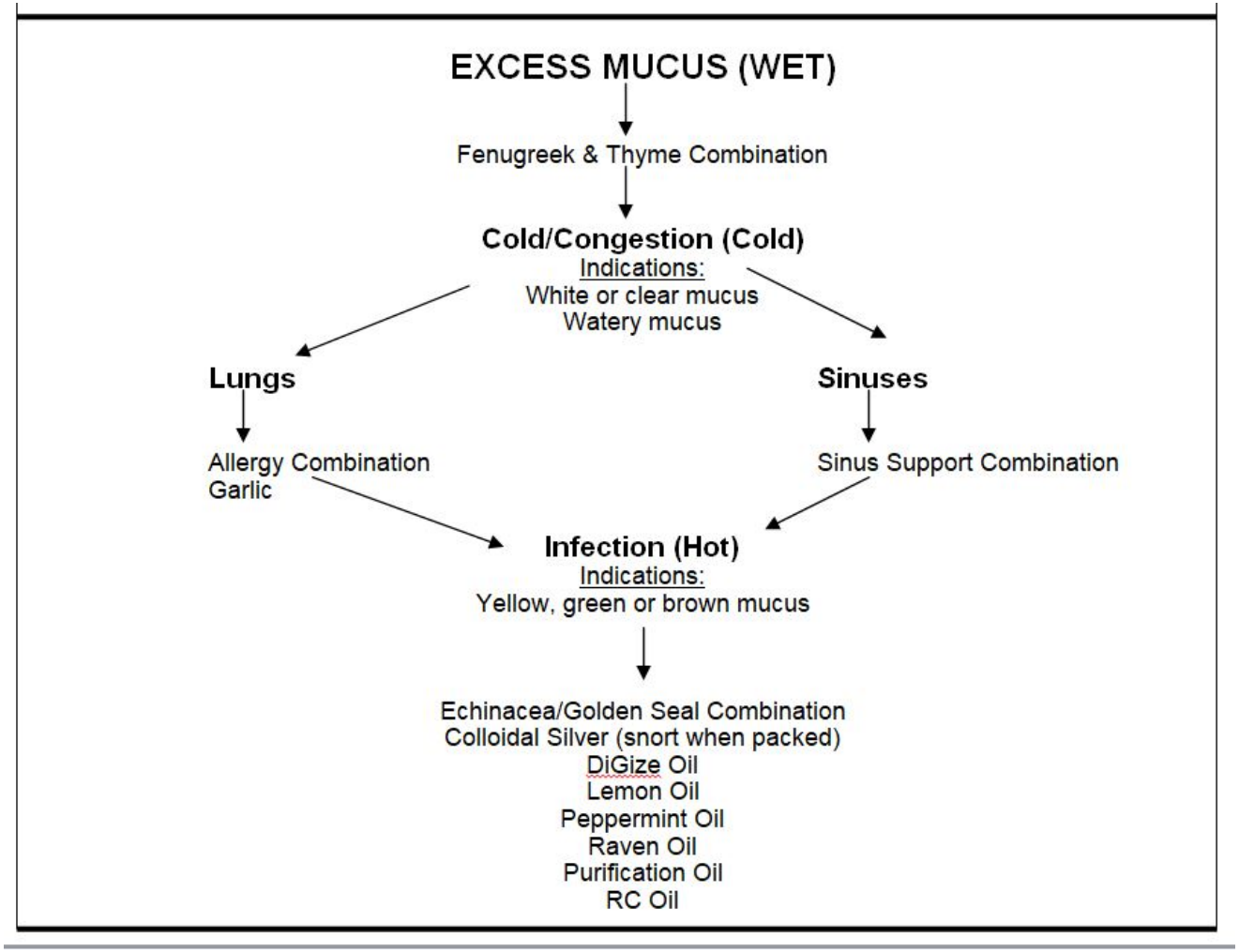
Chinese Lung Support Combination
Horsetail
Raven Oil
Thieves Oil
Eucalyptus Oil
RC Oil
Breathe Again Oil

*Consult a doctor for a diagnosis first.

JOYFUL LIVING SERVICES

Body Systems

Respiratory System Flow Chart



JOYFUL LIVING SERVICES

Body Systems

Respiratory System Flow Chart

NICOTINE USE*

Indications:

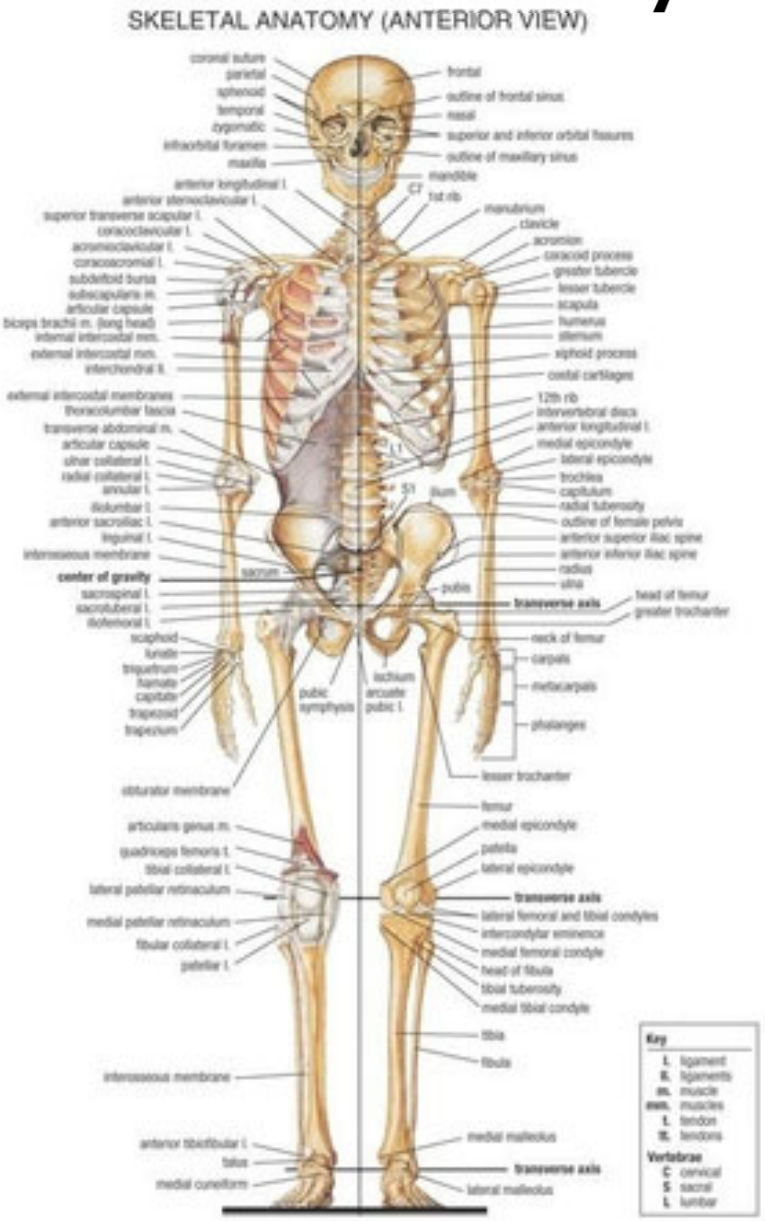
Desire to stop smoking or using tobacco

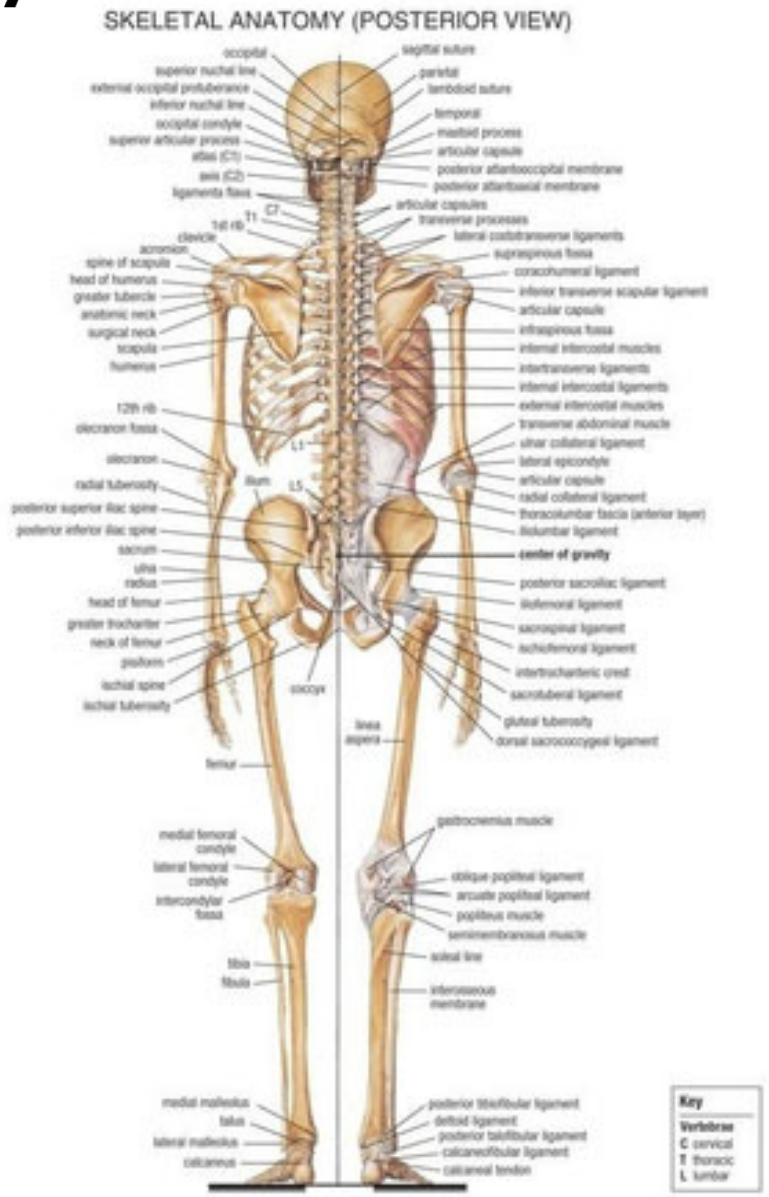
↓

Lobelia/St. John's Wort Combination
Tobacco Detox Homeopathic
Lobelia
Stress Away Oil
Peace and Calming Oil
Lavender Oil
Thieves Oil
Sacred Mountain Oil

*It takes 21 days to make or break a habit.

Body Systems





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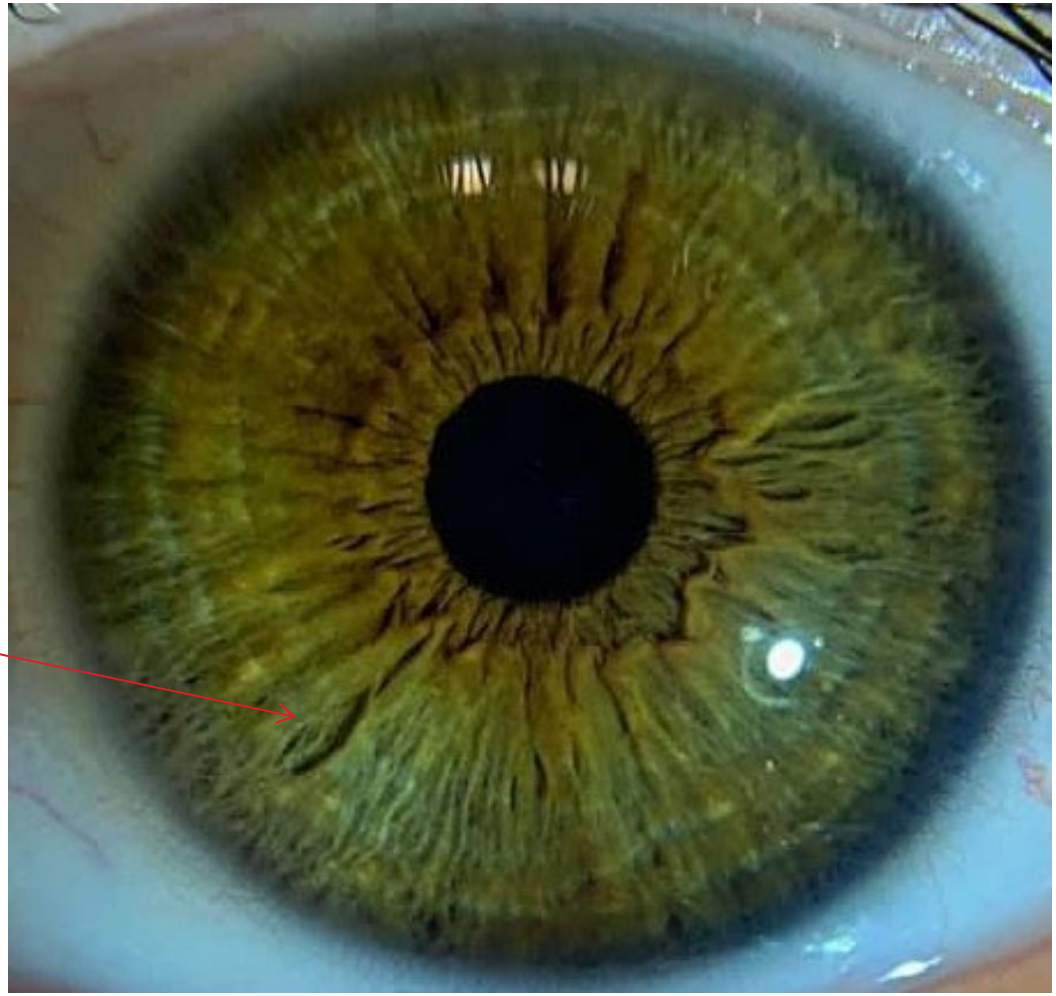
Body Systems

Structural System – Lumbar/Liver



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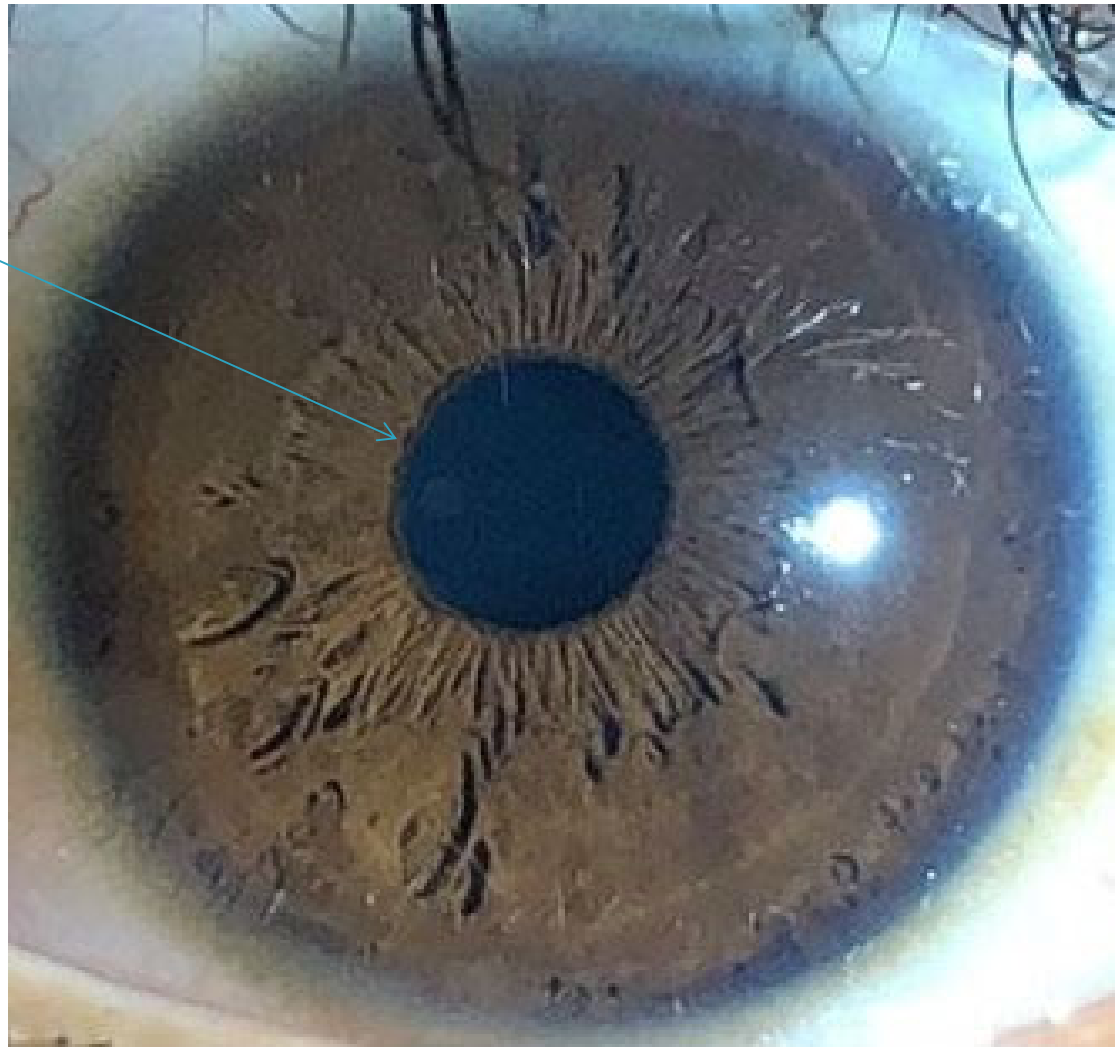
Body Systems

Structural System – Pupil Flattening



JOYFUL LIVING SERVICES

Body Systems

Structural System Flow Chart

MUSCLES/BONES/JOINTS/HAIR, SKIN & NAILS

WEAK BONES

General Indications:

Brittle or easily broken bones
Bone or joint injuries
Lack of exercise
Menopause
Insufficient calcium
Vitamin D deficiency
Diet high in phosphate-containing foods such as animal products, alcohol and caffeine; smoking
Hydrochloric acid deficiency

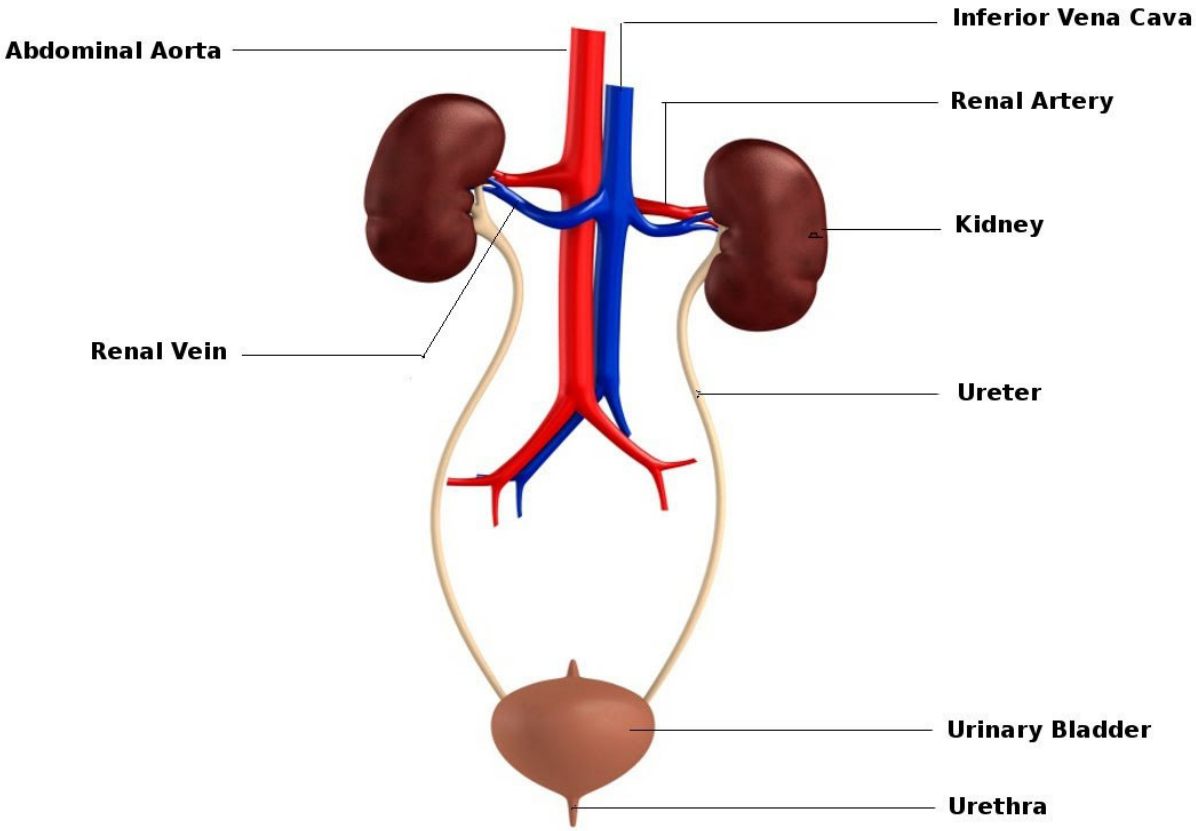
↓

Skeletal Combination
Herbal Calcium
Boron – Bone Hardener
Thyme Oil
Helichrysum Oil
Northern Lights Black Spruce Oil
Cool Azul Oil
Aroma Siez Oil
Deep Relief Oil

JOYFUL LIVING SERVICES

Body Systems

Urinary System



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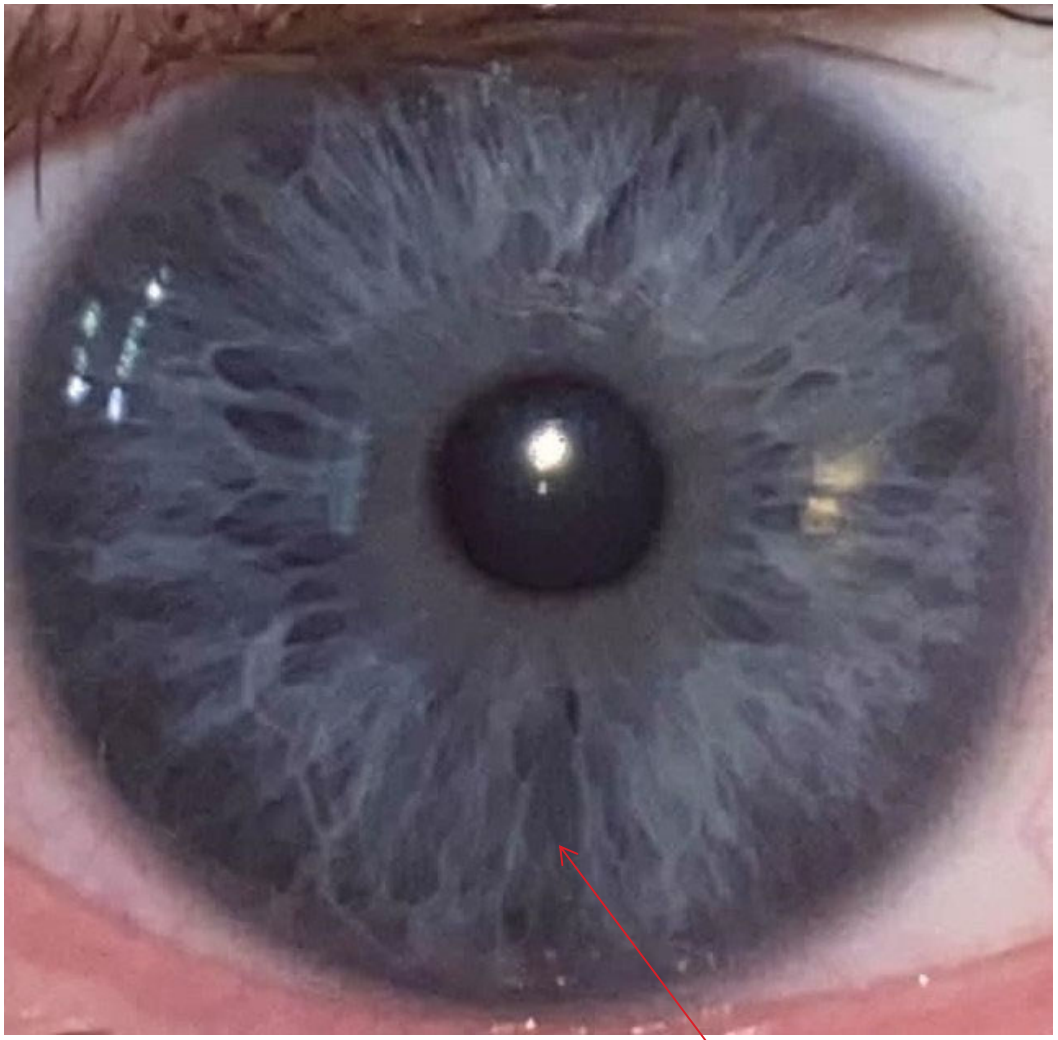
Body Systems

Urinary System – Kidney



JOYFUL LIVING SERVICES

Body Systems

Urinary System Flow Chart

KIDNEYS/BLADDER

IRRITATED/INFLAMED (HOT)*

General Indications:

Scant, dark urine
Burning urination
Hot feeling over kidneys
Puffiness/darkness under eyes
Urination produces standing foam
General symptoms of heat

↓

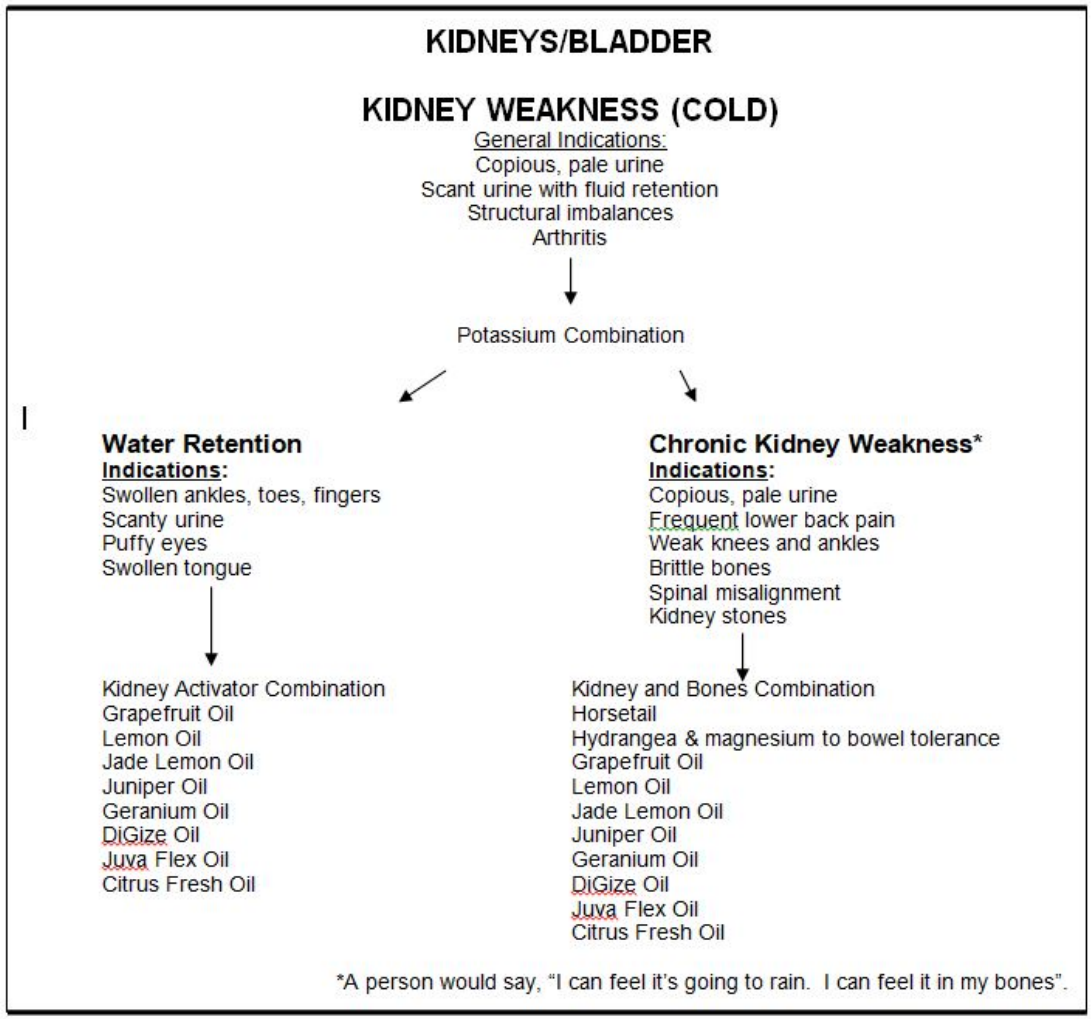
Urinary Combination
Marshmallow
Jade Lemon Oil
Helichrysum Oil
Juniper Oil
Orange Oil
Citrus Fresh Oil
Frankincense Oil

*Consult a doctor for a diagnosis first.

JOYFUL LIVING SERVICES

Body Systems

Urinary System Flow Chart



JOYFUL LIVING SERVICES

Body Systems

Urinary System Flow Chart

KIDNEYS/BLADDER

URINARY INFECTION*

Indications:
Diagnosis of urinary infection
Prevention of urinary infection

↓

Cranberry & Buchu Combination
Echinacea & Golden Seal Combination
Grapefruit Oil
Lemon Oil
Jade Lemon Oils
Juniper Oil
Geranium Oil
DiGize Oil
Juva Flex Oil
Citrus Fresh Oil

*Consult a doctor for a diagnosis first.

JOYFUL LIVING SERVICES

Body Systems

Herbs that should not be used with Medications

Anticoagulants

Warfarin (Coumadin)

Alfalfa
Chinchona Bark
Clove Oil
Gihkgo
Garlic
Ginger
Ginseng
Feverfew

This is not a complete list. Other herbs not listed are not necessarily safe. You should always be informed concerning herbs and other medications you are taking.

If you are on these medications be cautious about possible interactions with these herbs

JOYFUL LIVING SERVICES

Body Systems

Herbs that should not be used with Medications

Antiplatelet Drugs

Aspirin
NSAIDs
Ticlopidine (Ticlid)
Clopidogrel (Plavix)

Alfalfa
Chinchona Bark
Clove Oil
Ginkgo
Garlic
Ginger
Ginseng
Feverfew

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JOYFUL LIVING SERVICES

Body Systems

Herbs that should not be used with Medications

CNS Stimulants

Decongestants
Methylphenidate (Ritalin)
Dextroamphetamine (Dexedrine)
Beta2 Agonists
Caffeine/Theophylline

Guarana
Kola
Ma Huang
St. John's Wort
Yohimbe

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JOYFUL LIVING SERVICES

Body Systems

Herbs that should not be used with Medications

CNS Depressants

Alcohol
Benzodiazepines
Opioids
Antihistamines
Hawthorn
Kava-Kava
Skullcap
Valerian

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JOYFUL LIVING SERVICES

Body Systems

Herbs that should not be used with Medications

Antidepressants

Tricyclics
MAO Inhibitors
SSRIs

Ginseng
Ma Huang
Passion Flower
St. John's Wort
Yohimbe

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If you are on these medications be cautious about possible interactions with these herbs